



# Healthy Actions

## to remove dirt from your home



**TAKE OFF YOUR SHOES**  
at the door



**WASH CHILDREN'S TOYS & PACIFIERS**  
frequently



**WASH YOUR HANDS**  
with soap and water



**MOP AND VACUUM**  
once a week



**WASH ALL FRUITS AND VEGETABLES**  
before eating



**WEAR SHOES AND GLOVES**  
when gardening and working outdoors

### Why is it important to do these healthy actions?

There are many unhealthy things in dirt, including harmful chemicals that can hurt your body. Some areas in South King County are contaminated with higher levels of arsenic and lead. These chemicals remain in the soil and will continue to be a health risk for years to come.

**These healthy actions are simple steps you and your family can take to reduce contact with arsenic and lead in the dirt.**

Alternate formats available upon request

For more information about our program and services, please contact:

**King County Dirt Alert**  
Public Health – Seattle & King County  
206.477.DIRT • dirtalert@kingcounty.gov

**Tacoma Smelter Plume Project**  
Washington Department of Ecology  
360.407.7688 • www.ecy.wa.gov



**Public Health**  
Seattle & King County



[www.kingcounty.gov/health/tsp](http://www.kingcounty.gov/health/tsp)

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# Ficillada Caafimaadka

leh ee gurigaaga wasakhda looga nadiifiyo



**KABAHA ISKAGA BIXI**  
albaabka



**CARRUURTA BOON-BALADOODA**  
& **BAASIFAAYARRADA**  
si joogto ah **U DHAQ**



**GACMAHAAGA**  
**KU DHAQ**  
saabuun iyo biyo



toddobaadkiiba mar  
**GURIGA ISKA XAAQ**  
**OO MARI FAAKIYUUM**



**MIRAHA IYO KHUDAARTA**  
inta aadan cunnin ka hor  
**DHAMMAAN ISKA DHAQ**



markaad guriga dibaddisa  
ama darjiinta aad ka  
shaqaynayso **GASHO**  
**KABO IYO GALOOFYO**

## Maxay muhiim u tahay in la sameeyo ficilladan caafimaadka leh?

Wasakhda waxaa ku jira waxyaabo badan oo caafimaadka u daran, oo ay ka mid yihiin kiimikooyinka dhaawici kara jirkaaga. Meelo qaar oo ka mid ah deegaanka South King County ayaa waxaa ku laban sunta arsenic iyo rasaasta [lead] ee heerkeedu sareeyo. Kiimikooyinkan ayaa ah kuwa ciidda ku sii jiri doona sannado badan oo soo socdo halisna ku noqon doona caafimaadka.

**Ficilladan caafimaadka leh ayaa ah tallaabooyin fudud oo adiga iyo qoyskaagu aad qaadi kartaan si loo yareeyo ku dhawaanta ama taabshada sunta arsenic iyo rasaasta ku jirta wasakhda.**

Qaabab ka duwan ayaa lagu heli karaa marka la weydiisto

Si aad u hesho macluumaad dheeraad ah oo ku saabsan barnaamijyadeena iyo adeegyadeena, fadlan la xiriir:

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