



# Reducing Your Exposure to Dust

## OVERVIEW

Both active and historic ore mining, smelting, and processing are part of life in Arizona. In addition, the Arizona climate – often dry, and sometimes hot and windy – uniquely contributes to the formation and movement of dust. Dust can accumulate in and around your home. Limiting the amount of dust you breathe and swallow can reduce irritation to your respiratory system and help prevent unwanted health outcomes. Take action to reduce your exposure by limiting the dust in your home, engaging in safe daily practices, and protecting yourself and your loved ones while working or playing outside.

## REDUCE DUST IN YOUR HOME

### Limit the amount of soil/dust you bring into your home



Take off coats and shoes and change clothes when entering your home.



Wash hands after outdoor activities.



Keep windows and doors closed on windy days and when soil may be disturbed.



Use washable area rugs on your floors and door mats or walk off mats before entering the home.



Prevent pets from tracking dust and soil into your home and bathe them frequently.



Make sure your ventilation system works properly and consider using air filters.

### Clean your home frequently (at least weekly) to remove any dust



Vacuum carpets and rugs before mopping other areas. If possible, use a vacuum with a high-efficiency particulate air (HEPA) filter.



Use a wet mop on hard floors and clean window sills, door frames, and baseboards with soap and water.



Consider wearing gloves and a mask while cleaning.



Frequently wash toys, pacifiers, and other items that go into children's mouths.

## ENGAGE IN SAFE DAILY PRACTICES

### Limit the amount of dust you swallow or breathe



Wash all fruits and vegetables whether they are homegrown or bought.



Wash face and hands regularly, especially before eating.

- Thoroughly wash the whole hand and forearm for at least 30 seconds.
- Dry hands and face using disposable or clean towels.
- If you have sensitive skin, use cold or slightly warm water and avoid scrubbing the skin.



Don't eat, chew, or smoke in areas with visible soil or dust.



Wash and dry soil-laden clothes separately from other clothes.

## PRACTICE SAFE OUTDOOR WORK AND PLAY

### If you spend time outside:



Avoid working or playing outside on windy days.



Consider wearing a mask, (i.e., N95) if you spend time in dusty environments.



Avoid eating or drinking outdoors, and wash your hands after coming inside.

### When children play outside:



Limit the time spent playing in dirt.

- Consider using a sandbox with clean sand that can be covered when not in use.



Encourage play in areas other than dirt and soil, such as clean sand or mulch.



Make sure kids wash their hands when they come inside and before eating. Help the youngest ones wash.

### If you have a garden:



Wear gloves and wash your hands after gardening.



Consider using a raised bed using clean soils.



Dampen soils with water before you garden to reduce the amount of dust you inhale.



Wash all vegetables and fruits carefully, and peel them where possible.