



# Healthy Actions

## to remove dirt from your home



**WASH YOUR HANDS**  
with soap and water



**WASH ALL FRUITS  
& VEGETABLES**  
before eating



**TAKE OFF  
YOUR SHOES**  
at the door



**CLEAN YOUR PETS**  
before they enter  
your home



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



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

### 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



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

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