



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



www.kingcounty.gov/health/tsp

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Public Health
Seattle & King County





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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