

## **Methods to Reduce Exposure to Contaminants in Soil**

### **Keep hands clean:**

- Wash children's hands and faces, especially before eating and bedtime.
- Adults should wash hands before eating, drinking, feeding children or smoking.
- Clean toys or objects that children put in their mouths.

### **Reduce soil dust in the home:**

- Take off shoes when entering the home and store at entryway.
- Vacuum floors and upholstered furniture regularly.
- Dust hard surfaces and furniture with a damp cloth.
- Mop tile and linoleum floors regularly.
- Keep windows closed on windy days, at least on the windward side of the home.

### **Reduce outdoor activities that stir up dust:**

- Avoid digging or disturbing the soil. If it cannot be avoided, keep the soil moist to reduce making dust.
- Seed bare areas in your yard. Grass and bushes keep soil in place.
- Minimize mowing over areas of sparse grass in dry weather.

### **Give children a safe place to play:**

- Restrict outdoor play to areas that are grass-covered or paved.
- Avoid walking, bicycling or ATV riding in areas that are bare, especially in periods of dry weather when dust will be created.

### **Food preparation and gardening:**

- Avoid planting garden in potentially contaminated soil, opting instead for container-grown vegetables.
- Thoroughly wash and peel all homegrown vegetables before eating or cooking them.
- Keep gardening tools in an isolated area and rinse soil from tools frequently.

