

# Your Yard & Your Health



## Understanding your soil sampling results

### Arsenic

| 0                                                                           | >20 ppm                                                                                               | 100 ppm                                                                                                                                                                                           |
|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Follow Healthy Actions to keep you and your family healthy and reduce risk. | We strongly recommend you follow Healthy Actions to keep you and your family healthy and reduce risk. | Your property qualifies for our Yard Program, offering free soil removal and replacement in the area closest to the former smelter. Practice Healthy Actions to keep you and your family healthy. |
| 0                                                                           | >250 ppm                                                                                              | 500 ppm                                                                                                                                                                                           |

### Lead

(1 part per million [ppm] is equal to 1 drop of water in a full bathtub)

### How can your family be exposed to arsenic and lead in soil?

- By breathing in or swallowing dust or soil.
- Arsenic and lead are not absorbed through the skin.

Inhalation

Ingestion



### What are the health risks from arsenic and lead?

Arsenic and lead can contribute to poor health, especially in children. Children are more sensitive because their bodies are smaller and still developing.

**Lead** can cause developmental disabilities in children and can permanently lower IQ.

**Arsenic** can contribute to cancer, diabetes, and heart disease later in life.

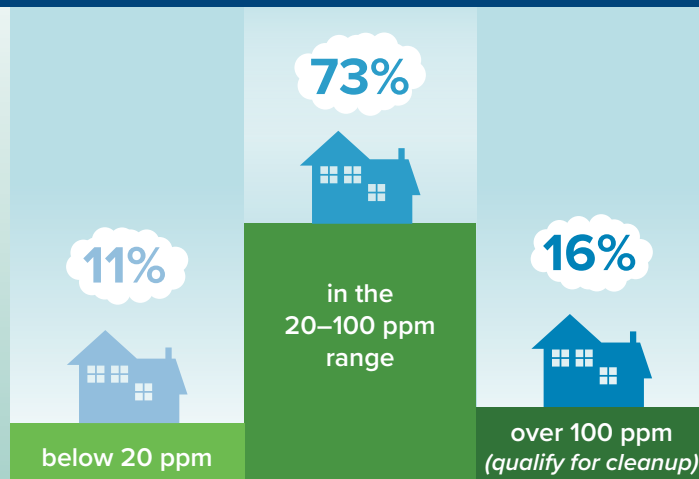


### Who else is affected?

The Tacoma Smelter Plume covers an area of 1,000 square miles in Pierce, King, and Thurston counties. Contamination varies greatly from property to property. The highest levels of arsenic and lead are found close to, and downwind from, the former smelter.

Of the Yard Program properties sampled in Pierce County:

- 73% have 20–100 ppm arsenic. At these properties it is important to practice Healthy Actions to reduce risk.
- Only about 16% have arsenic and lead levels high enough to qualify for soil replacement.



You can minimize exposure and prevent health problems—practice Healthy Actions like those listed on the back of this sheet.

## What Healthy Actions can you practice to protect yourself and your family?

- **Wash** hands after playing or working outside.



- Don't track arsenic and lead into your home—**take shoes off!**
- If children crawl or play on the floor in your home, dirt can get on their hands and in their mouths.
- **Vacuum** and damp dust often.
- Keep children's toys, teethingers, and pacifiers clean, to keep dirt off hands and out of mouths.



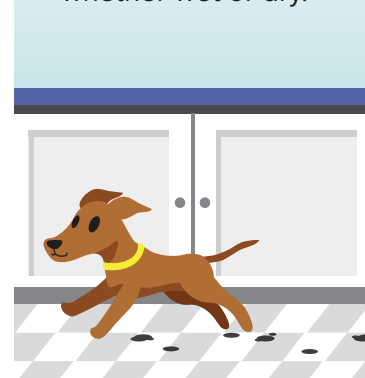
- **Wear** gloves and shoes when you garden. Take them off and wash your hands well when you are done.



- **Wear** a dust mask when mowing in dry conditions.
- **Wet** dry soil when working in garden beds to avoid breathing in dust.



- **Wipe** pet's paws when they come inside, whether wet or dry.



- **Grow** fruits and vegetables in raised beds with clean soil.
- **Wash** all fruits and vegetables before eating.
- **Peel** root vegetables like carrots and potatoes.



- **Cover** bare patches in your yard with grass, ground cover, or mulch.



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