

## Contacts

### Arsenic & lead contamination

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ecology.wa.gov/DirtAlert

### Health effects

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Washington State Department of Health  
360-236-3376  
doh.wa.gov/CommunityandEnvironment  
/Contaminants/Lead

Chelan-Douglas County Health District  
509-886-6400  
cdhd.wa.gov

Okanogan County Public Health  
509-422-7140  
okanogancounty.org/ochd

Yakima County Health District  
509-575-4040  
yakimacounty.us/275/Health-District

**Accommodation Requests:** To request Americans with Disabilities Act accommodation, or printed materials in a format for the visually impaired, contact the Ecology ADA Coordinator at 360-407-6831 or [ecyadacoordinator@ecy.wa.gov](mailto:ecyadacoordinator@ecy.wa.gov), or visit <https://ecology.wa.gov/accessibility>. People with impaired hearing may call Washington Relay Service at 711. People with speech disability may call TTY at 877-833-6341.



Toxics Cleanup Program, Central Region  
1250 West Alder Street  
Union Gap, WA 98903-0009

Recipient Name  
Address  
City, ST ZIP Code



*You can take simple actions to reduce exposure to soil contaminated by past use of lead-arsenate orchard pesticides.*



# PROTECT YOUR FAMILY

*From arsenic and lead in dirt*

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**Orchards are common** throughout central Washington. In fact, many homes and schools are located on former orchard lands.

From about 1905 through the 1940s, lead arsenate was a commonly used pesticide, causing former orchard lands to be potentially contaminated. Arsenic and lead in soil does not pose an immediate health risk. However, long-term exposure increases the risk of certain health problems.

Young children are more at risk than adults. They are more sensitive because their bodies are smaller and still growing. Also, they normally put their fingers and other things in their mouth, even if they are dirty.

Arsenic can cause a variety of health problems, including heart disease, diabetes, and cancer of the bladder, lung, skin, kidney, liver, and prostate.

In children, lead can cause behavioral problems such as hyperactivity, permanent learning difficulties, and reduced physical growth. In adults, lead can increase blood pressure, affect memory, and contribute to other health problems.

Ecology has sampled soil at schools throughout central Washington. If contaminated soil is found, we work with schools to reduce children's exposure. This often includes simple solutions, such as covering bare ground with mulch or seeding an area properly so grass can grow.

## Protect yourself from arsenic and lead in soil



**Wash your hands with soap.**

After working or playing in the dirt, always wash your hands, especially before eating. Use plenty of

soap and water — not hand sanitizer. Hand sanitizers don't remove dirt.



**Take off your shoes at the door.**

Use a wipe-off mat to reduce the amount of dirt and dust coming into your home.

Provide a shoe rack or area for shoes at your door. Ask guests to remove their shoes, too.



**Mop and vacuum once a week.**

Dust with a damp cloth to reduce dust inhalation. Don't sweep

with a broom — it can stir up dust. Use a vacuum with a HEPA filter or a damp mop. Keep young children out of rooms for an hour after vacuuming to let dust settle.



**Wash children's toys, bedding, and pacifiers frequently.**

This applies to indoor and outdoor items.



**Cover or replace bare patches of soil in your yard to keep toys out of the dirt and reduce human contact.**

Provide a sand box for children to dig in.



**Wear shoes and gloves when gardening and working outdoors.**

Grow your produce in raised beds or pots made with untreated

materials. Use a scrub brush to clean dirt from under your fingernails. Dust yourself off outside and wash dirt-covered clothes separately.



**Wash all fruits and vegetables before eating.**

Use a scrub brush to wash all fruits and vegetables. Peel root vegetables. Eat a diet rich in iron, calcium, and vitamin C to decrease the amount of lead your body absorbs.



**Wipe your pets' paws before they enter your home and brush and bathe them regularly.**

Cover up bare soil so pets don't dig and track dirt into the house. Give pets their own beds.