

## *Recommended Practices for Safe Gardening: Ways to Reduce Incidental Soil Ingestion and Inhalation*



### ***Windy Days = No Gardening.***

Avoid gardening on windy days.



### ***Cover Up.***

Consider wearing a mask in dusty environments.



### ***Avoid eating and drinking while you garden.***

Soils and dust might get on your food or in your drink, and you could accidentally swallow it.



### ***Stay Clean.***

Wash your hands and all exposed body surfaces after gardening.



### ***Leave your shoes outside.***

Remove your shoes right before enter your home to avoid tracking soil into your home.

### ***Keep soils moist while gardening to control dust.***

This will limit the amount of dust you inhale.



### ***Home Care***

Mop floors with a damp mop, and wipe down surfaces in your home regularly.

Change your vacuum bag more often, or upgrade your vacuum to one that has a High-Efficiency Particulate Air (HEPA) filter.

### ***Designate certain clothes and shoes for gardening use only, and store them outside.***

Keep your gardening clothes and shoes outside, or in a plastic bag outside. Try your best to keep your gardening clothes and shoes out of your home.



### ***Gardening Tools***

Wash, and then store all your gardening tools outside.

*You can greatly reduce your exposure to arsenic from your soil if you follow the suggestions above.*

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