

# *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.



## *Stay Clean.*

Wash your hands and all exposed body surfaces after gardening.



## *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.



## *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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