



Asbestos on the job

Workers come in contact with broken asbestos when doing jobs such as:

- Removing ceilings
- Removing floor tiles
- Working with insulation materials
- Working with wall board containing asbestos



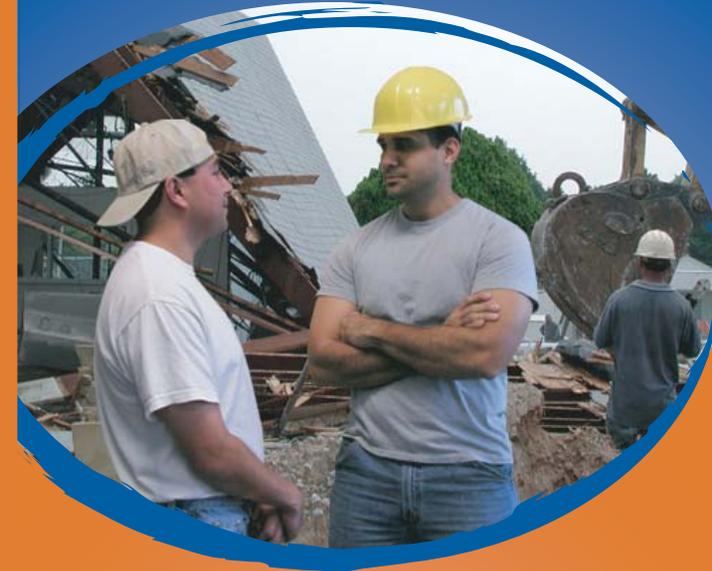
Please call toll-free:
1-877-461-0204
with your questions.

This call is:

- Confidential
- In Spanish and English
- Free

05-0018-ENG-BATON

Workers Health Alert



- Are you from Valle de Santiago, Guanajuato, México?
- Did you do construction or demolition work between 1997 and 2000?
- Have you worked for Service Management Incorporated (SMI) in or near Baton Rouge?

If yes, you may have come in contact with asbestos on the job.

Workers Health Alert

Asbestos

Asbestos is a material that is made up of small fibers. When asbestos is broken, small fibers can get into the air.

You can bring asbestos home to your family

- When small asbestos fibers are in the air, you can breathe them in. They can also stick to your:
 - Clothes
 - Shoes
 - Body
- You can bring it home to your family this way. They can breathe in asbestos, too.



Asbestos and your health

If a person breathes in asbestos, the fibers can get into the lungs and may cause serious respiratory diseases.

See a doctor, nurse, or clinician

- Tell the doctor, nurse, or clinician that you might have come in contact with asbestos:
 - Only a health care professional like a doctor, nurse, or clinician can tell if you are sick from asbestos.
 - Asbestos diseases do not show up right away. They may take 10-20 years or more to develop so your doctor, nurse, or clinician may want to check your health regularly.
- Show this fact sheet to your doctor, nurse, or clinician:
 - He/she might find this fact sheet helpful, so bring it with you.
- Avoid smoking and cigarette smoke:
 - If a person who has asbestos in their lungs breathes in cigarette smoke, he/she is more likely to get lung disease.
- Get regular flu shots.

