

Asbestos



Naturally Occurring Asbestos in California

WHAT YOU NEED TO KNOW

- Asbestos is a mineral found in dirt and rocks in parts of California.
- You can find out if your home or workplace is in an area where dirt/rocks are likely to have asbestos.
Contact your local Air Quality Management District or Air Pollution Control District.
- When you stir up dust from dirt/rocks in areas with asbestos, you can breathe in tiny bits of asbestos.
- Over time, breathing in too much asbestos can hurt your lungs or even cause cancer.
- Smoking tobacco and breathing asbestos make it more likely that you will get cancer.
- You can do things to breathe in less asbestos.
See the other side of this sheet to learn how.
- For more information, talk to your doctor or visit:
<http://www.atsdr.cdc.gov/NOA/basicinfo.html>



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HOW TO BREATHE IN LESS ASBESTOS

First things first:

- ✓ Find out if your home is in an area where dirt/rocks are likely to have asbestos.
Contact your local Air Quality Management District or Air Pollution Control District.
- ✓ Ask your boss if there is asbestos in your outdoor work area.

If asbestos is likely to be present, here are things you can do:

At home:

- ✓ Before entering your home, wipe your feet and take off shoes.
- ✓ Before pets enter your home, use a damp cloth to wipe dirt off their fur/paws.
- ✓ Close windows and doors on windy days.
- ✓ Use a wet rag to remove dust. Use a wet mop on floors without carpet.
- ✓ If possible, use a “HEPA” vacuum to clean your carpet. Wash area rugs often.
- ✓ Pave walkways and driveways—or cover them with asbestos-free soil or gravel. Use water, not a blower, to clean these areas.

In the garden:

- ✓ Cover your garden and yard with asbestos-free soil or landscape covering.
- ✓ Wet your garden before working in soil.

At work (in dusty outdoor jobs):

- ✓ Use protective gear that your boss gives you (if you are working where there is asbestos).
- ✓ Wet soil or dusty areas before working or cleaning up. Do not use compressed air or leaf blowers.
- ✓ When drilling rock, put water in drill stem—or use a drill that collects dust.
- ✓ Do not allow visitors in dusty work areas.
- ✓ Wash equipment and vehicles when you finish work.
- ✓ If possible, shower and change clothes before leaving work. Place dirty work clothes in a plastic bag until they can be washed. Do not shake out clothes before washing them.

Out and about:

- ✓ Walk, run, hike, and bike on paved trails.
- ✓ Drive slowly on unpaved roads. Keep windows and vents closed.
- ✓ Play in outdoor areas with a ground covering (such as wood chips, mulch, sand, gravel, grass, rubber, or pavement).