

Ways to Reduce Exposure to Lead and Arsenic and Protect Your Health in

Hayden and Winkelman, Arizona

Contents

Background	1
How can people be exposed to lead and arsenic	1
Ways to reduce exposure	1
How can chemicals affect my body.....	2
Effect of exposure to lead and arsenic	2
For more information	2

Background

In Hayden and Winkelman, there are high levels of arsenic and lead in the air, in tailings piles, and in soil in some non-residential locations. Also, lead was used in paint until 1978, so homes built before this date may have lead-based paint on inside or outside walls and surfaces.

This fact sheet describes how you and your family can be exposed to lead and arsenic, ways you can reduce exposure to lead and arsenic, and possible health effects of exposure.

How can people be exposed to lead and arsenic in the area?

- People can be exposed by breathing air that is contaminated with arsenic or lead.
- People may be exposed if they eat small amounts of contaminated soil, dust, or lead-based paint by accident. Young children are more at risk than adults because they play in areas where soil, dust, and paint may be found and then put toys and hands in their mouths.

Ways to reduce exposure to lead and arsenic

Keep dirt and dust from getting into your body by:

- Staying off mine and smelter waste (tailings piles).
- Staying away from arroyos and washes in Hayden, especially during rain storms.
- Staying away from railroad tracks in Hayden.
- Washing your hands and your children's hands often, especially before eating and after being outside.
- Taking off shoes before going into your house.
- Making sure your child does not have access to peeling paint or chew on surfaces painted with lead-based paint. Lead paint was used in many homes built before 1978.
- Wet-mopping floors and wet-wiping windowsills, window wells, counters and furniture every 2-3 weeks. Avoid dry dusting and sweeping because it spreads dust into the air.
- Washing dogs and other pets at least every 2-3 weeks.
- Washing things that children put in their mouths, such as pacifiers, bottles, and sippy-cups, especially if they come into contact with soil or household dust.
- Washing and peeling all fruits, vegetables, and root crops (such as potatoes).



