

Healthy Actions

to remove dirt from your home



WASH YOUR HANDS
before eating



MOP AND VACUUM
once a week



WASH ALL FRUITS & VEGETABLES
before eating



TAKE OFF YOUR SHOES
at the door



CLEAN YOUR PETS
before they enter your home



WEAR SHOES AND GLOVES
when gardening and working outdoors



WASH CHILDREN'S TOYS & PACIFIERS
frequently

Why is it important to do these healthy actions?

There are many unhealthy things in dirt, including harmful chemicals like dioxins that can hurt your body. Some areas in Ridgefield are contaminated with dioxins. These chemicals remain in the soil and can be a long term health risk.

These healthy actions are simple steps you and your family can take to reduce contact with dioxins in the dirt.

Alternate formats available upon request

For more information please contact:

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<https://fortress.wa.gov/ecy/gsp/Sitepage.aspx?csid=3020>

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