

# 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. 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, lead, and other metals from your soil if you follow the suggestions above.

## References

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