

# Arizona is dusty!

## What it is and how to stay safe

### WHAT IS DUST, ANYWAY?

It is hard to avoid dust in Arizona. The typically dry, hot, and often windy climate leads to the creation and movement of dust. Dust is a collection of fine particles. While you may not notice a single particle, as they collect, you start to see them in the air or settled on surfaces.

Dust contains a mixture of substances. Depending on the location, dust may include pet dander, ash, hair, fabric fibers, small rocks, or soil. In Arizona, dust may also contain heavy metals, such as lead and copper. This is due to the unique geology and the presence of active and historical ore mining, smelting, and processing.

### LIMIT DUST TO PROTECT YOUR HEALTH

Dust can build up quickly both inside and outside your home. Regardless of the makeup of the dust, limiting the amount you breathe and swallow can help prevent adverse health effects, like respiratory irritation, breathing issues, eye irritation, and those associated with heavy metal exposure.

### REDUCE DUST IN YOUR HOME

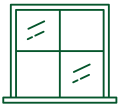
#### Limit the amount of soil/dust you bring into your home



Take off coats and shoes and change clothes when entering your home.



Wash hands after being outside.



Keep windows and doors closed on windy days and when soil may be disturbed.



Use washable area rugs on your floors and door mats before entering the home.



Prevent pets from tracking dust and soil into your home and bathe them frequently.



Make sure your ventilation system works properly and consider using air filters.

#### Clean your home frequently (at least weekly) to remove any dust



Vacuum carpets and rugs before mopping other areas. If possible, use a vacuum with a high-efficiency particulate air (HEPA) filter.



Use a wet mop on hard floors and clean window sills, door frames, and baseboards with soap and water.



Consider wearing gloves and a mask while cleaning.



Frequently wash toys, pacifiers, and other items that go into children's mouths.

## ENGAGE IN SAFE DAILY PRACTICES

### Limit the amount of dust you swallow or breathe



Wash all fruits and vegetables whether they are homegrown or bought.



Wash face and hands regularly, especially before eating.



Don't eat, chew, or smoke in areas with visible soil or dust.

- Thoroughly wash the whole hand and forearm for at least 30 seconds.
- Dry hands and face using disposable or clean towels.
- If you have sensitive skin, use cold or slightly warm water and avoid scrubbing the skin.



Wash and dry visibly dirty clothes separately from other laundry.

## PRACTICE SAFE OUTDOOR WORK AND PLAY

### If you spend time outside:



Avoid working or playing outside on windy days.



Consider wearing a mask, (i.e., N95) if you spend time in dusty environments.



Avoid eating or drinking outdoors, and wash your hands after coming inside.

### When children play outside:



Limit the time spent playing in dirt.

- Consider using a sandbox with clean sand that can be covered when not in use.



Encourage play in areas other than dirt and soil, like clean sand or mulch.



Make sure kids wash their hands when they come inside and before eating. Help the youngest ones wash.

### If you have a garden:



Wear gloves and wash your hands after gardening.



Consider using a raised bed with clean soils.



Dampen soils with water before you garden to reduce the amount of dust you may breathe in.



Wash all vegetables and fruits carefully, and peel them where possible.