

Attachment 11: Tips for Reducing Exposure to Arsenic

Flesch-Kincaid Reading level – 6.6

Tips for Reducing Exposure to Arsenic

Things you can do to reduce your and your family's contact with arsenic

In Hayden and Winkelman, Arizona the soil in some non-residential locations, the air, and the tailings piles have high levels of arsenic. There may also be arsenic in common foods you eat.

Reduce your and your family's contact with arsenic in Hayden-Winkelman.

- Avoid walking, playing, biking, riding ATVs, or other activities on tailing waste piles.
- Ask your family to not trespass; don't climb over or go through fences.
- Pay attention to dust conditions in your community and try to avoid dust.

Clean up dust in your home.

- Wet-mop floors and wet-wipe windowsills, window wells, counters, and furniture every 2-3 weeks. Avoid dry dusting and sweeping because it spreads dust into the air.
- Use contact paper or duct tape to cover chipping or peeling paint.
- Wash hands and toys often with soap and water. Hand sanitizers are unlikely to remove the arsenic.
- Always wash hands before eating and sleeping.
- Wash dogs at least every 2-3 weeks.
- Prevent dust in the first place by taking off shoes before going into your home.

Eat a well-balanced diet

- Everyone, including pregnant women, infants and children, are encouraged to eat a well-balanced diet for good nutrition.
- Parents should feed children a variety of foods.
- See <http://www.choosemyplate.gov/> for additional information.

Limit how much you eat of foods that are known to contain arsenic.

- Eat less rice. Try alternative grains such as quinoa, barley, grits/polenta, couscous or bulgur wheat.
- When you prepare rice to eat, rinse it thoroughly in clean water. Boil brown rice in a lot of water (like you would do with pasta).
- Vary the types of rice you eat – sometimes white rice, sometimes brown rice, sometimes Jasmine or Basmati.
- Try alternatives to rice-based processed foods such as rice breakfast cereals, rice flour, rice pasta, rice cakes and rice crackers.
- Limit your use of foods with large amounts of brown rice syrup.
- Avoid the frequent use of rice milk in children less than 4 ½ years of age.

Learn more. Get support.

- Call NAME at the Arizona Department of Health Services if you have questions, tel: (XXX) XXX-XXXX.