



*"Health begins where you live, learn, work, and play."*

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## **If you are experiencing health problems or are concerned about potential health risks related to asbestos exposure**

- If it is an emergency
  - Call 911
- If it is not an emergency
  - You should consult with primary care physician

## **It is recommended that people who live in areas with natural asbestos deposits or near areas contaminated by old asbestos-containing products should**

- Keep asbestos levels low in the home by
  - Using wet cleaning methods, wet wipes for hard surfaces, and high efficiency particulate air (HEPA) vacuums for soft surfaces
  - Don't dust, sweep, or vacuum debris that may contain asbestos
  - Use doormats and removing shoes before entering the home
  - Keep windows closed on windy days to keep asbestos out
  - It may be best to discard soft materials such as curtains or clothing that have been contaminated. However, if you choose to launder the items it is recommended to run an empty load between contaminated loads to reduce build-up and air dry
  - If you choose to dry clothes in a dryer, ensure dryer is vented to outside and not inside
- Avoid breathing dust outside by
  - Avoiding containment zones
  - Use water to wet soil before gardening or playing
  - Spraying off patios with water instead of sweeping them
  - Staying on pavement or ground covered with grass or mulch

### **Additional resources:**

[https://www.atsdr.cdc.gov/asbestos/docs/Asbestos\\_Factsheet\\_508.pdf](https://www.atsdr.cdc.gov/asbestos/docs/Asbestos_Factsheet_508.pdf)

[https://www.niehs.nih.gov/health/assets/docs\\_f\\_o/homeowners\\_and\\_renters\\_guide\\_to\\_asbestos\\_cleanup\\_after\\_disasters\\_508.pdf](https://www.niehs.nih.gov/health/assets/docs_f_o/homeowners_and_renters_guide_to_asbestos_cleanup_after_disasters_508.pdf)