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Ideas for Reducing Potential Exposure to Naturally Occurring Asbestos

Fact: Removing all asbestos is not practical; we must learn how to reduce potential risks

Fact: Inhalation of asbestos is the primary concern so minimizing dust is the priority

Note: This list is not all inclusive but illustrates the ideas and concepts that could possibly minimize potential exposures. It is a menu of options to consider.

Recreational Activities

- Wear an outer layer of clothing that you can remove and stow away from the passenger area of your vehicle when you are done with the recreational activity (If not possible contain it in a closed container that can be cleaned or a washable bag).
- Lay down a tarp below your tent or sleeping pad
- Wash your hands and face prior to eating
- Wash your clothes and camping gear when you get home; don't shake off the dust first, just throw clothes in the washing machine and use a hose on camping gear
- If possible, stay on designated roads, paved trails, and trails with compacted soils
- Avoid soil disturbance as much as possible

At Home: Indoors

- Do wipe your feet and/or take your shoes off at the door and leave them outside if possible, or wipe them off with a damp towel before bringing them inside
- Don't bring dusty or dirty things inside the house
- Use a damp cloth to wipe off your pet's feet and fur if dust covered
- Put your dirty or dusty clothes in a plastic bag until you can put them directly in the washer. Don't shake them out first
- HEPA (High Efficiency Particulate Air) filters and vacuums can be used in the home.
- Wet wipe dusty and dirty surfaces (such as counters) and wet mop hard surface floors
- Use washable area rugs on your floors and wash them regularly
- Keep windows and doors closed on windy days

At Home: Outdoors

- If you have a grass lawn water your lawn often; a healthy lawn reduces dust. If you have a rock garden lawn get it damp if dusty or windy conditions are present
- Do not dig, mow, rake, cultivate or rototill your yard or garden on dry and dusty days. If you intend to work outside when it is dry and/or dusty wet the area you tend to work in so it is damp. (ex. water the lawn some before mowing)
- Do wash your hands outdoors after yard work if possible.
- Rinse gardening tools outside within your work area before putting them away
- if you are concerned about the possible presence of asbestos Cover materials with clean soil, wood chips, mulch, sand, grass, etc.

This list was compiled with materials from EPA fact sheets, the UNLV website, and various community resources found in Libby, Montana. This list is not all inclusive but illustrates the ideas and concepts that could possibly minimize potential exposures.