

Keeping Clean Helps Us Play Safe



Hey Friends! We're Dusty and Rocky!



We like to play in the dirt. Sand, mud, soil, dust, rocks... it's fun!!

We love to play outside with friends, family, and pets.

Trails, playgrounds, beaches, campgrounds, picnic areas,
our own backyards... bring it on!!

We wrote this book to show you how to play safely
when lead and other metals are found in dirt.

Upper Columbia Valley

Northport
Kettle Falls

Gifford

COLVILLE INDIAN RESERVATION

Grand
Coulee
Dam

SPOKANE INDIAN RESERVATION











Upper Columbia Valley history is filled with miners looking for gold, lead, copper, and other metals. Fortune smiled on those who struck it lucky finding these metals.

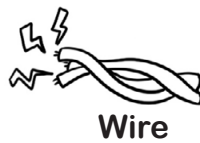
Rock and dirt are dug up from mines.
 At mines, mills and smelters,
 the valuable metals are taken
 for sale around the world.

Useful things are made out of metals:
 Pennies, quarters, bicycles, cars,
 buildings, bridges — metals are
 everywhere.

Useful Metals

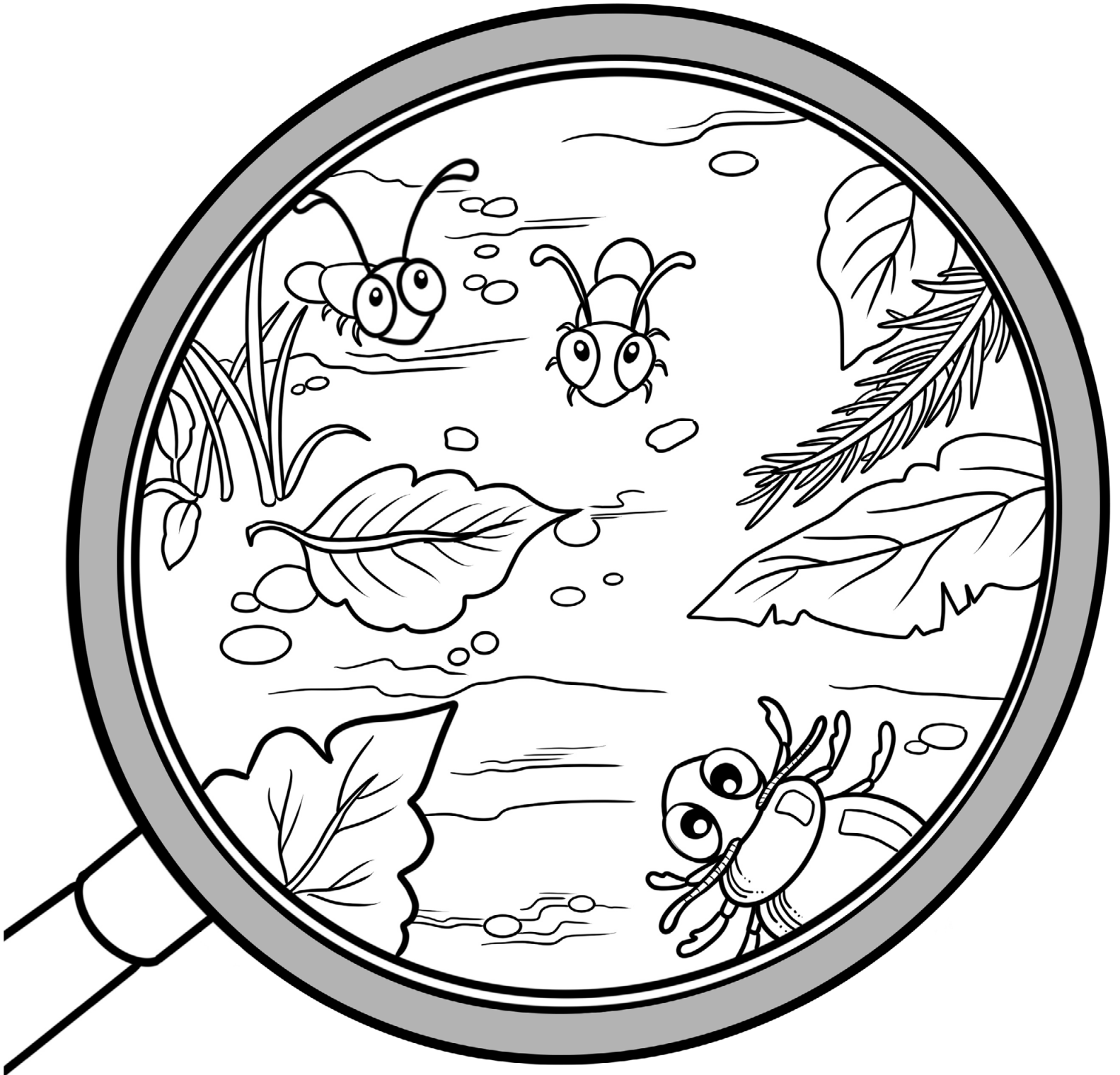
GOLD: 35 Cellphones		=		1 gram
LEAD: 1 Car Battery		=		18 pounds
COPPER: 1 Electric/Battery powered car		=		183 pounds
ZINC: 1 Car Body		=		35.5 pounds

Draw a line from each valuable metal to the things
 made with that metal.



Answers: GOLD: earrings, cellphone. ZINC: car body, vitamins, fishing sinkers. COPPER: wire, cellphone. LEAD: car battery, fishing sinkers.

Lead is a metal that is a natural part of the earth.



If we look closely at dirt under a magnifying glass, what do we see? We might see tiny pieces of rock called sand. We might see little pieces of leaves and needles that came from trees. We might even see some tiny bugs who like to live in the dirt like ants, beetles or worms. Wow... dirt is really interesting. But we can't see lead that can get into our bodies!

If I can't see lead, how does it get in my body?

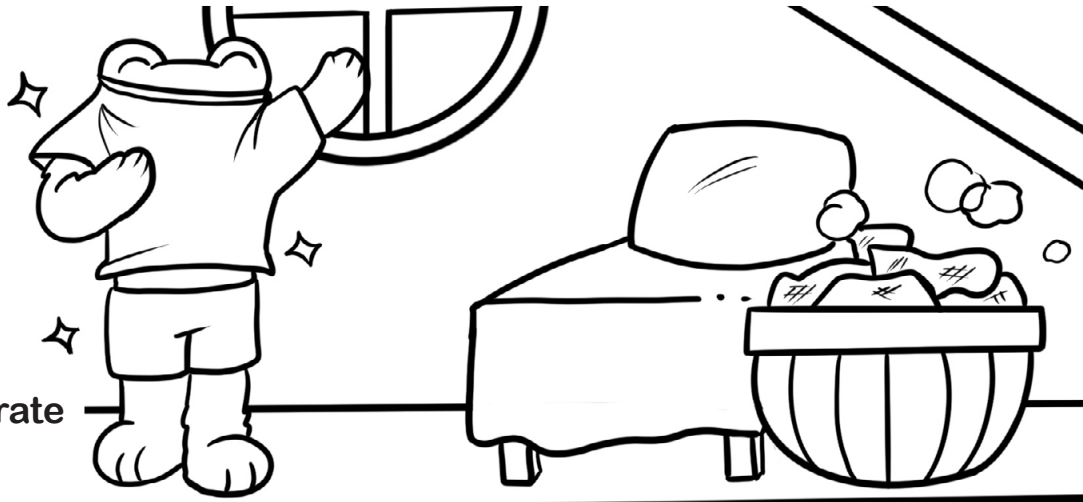
Sometimes tiny bits of lead get into the dirt. In our neighborhood and areas where we live near the Columbia River, our dirt has extra lead from mines, mills and smelters.

Lead can make us sick if we swallow or breathe too much into our bodies.



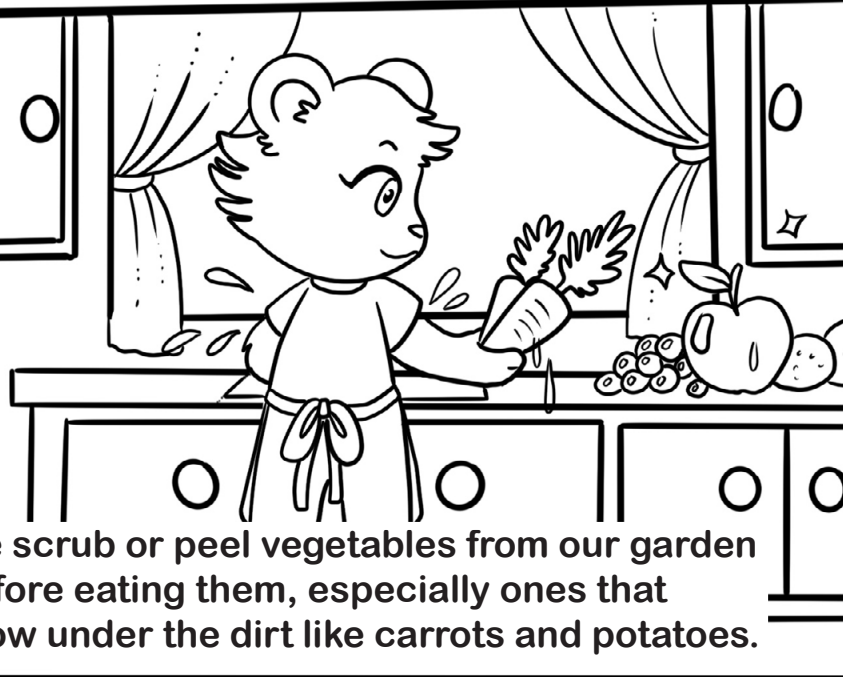
We stay clean to keep lead out of our bodies.

We don't wear dusty clothes in the house and keep them separate from clean clothes.



We wash our hands and face before eating.

We scrub or peel vegetables from our garden before eating them, especially ones that grow under the dirt like carrots and potatoes.

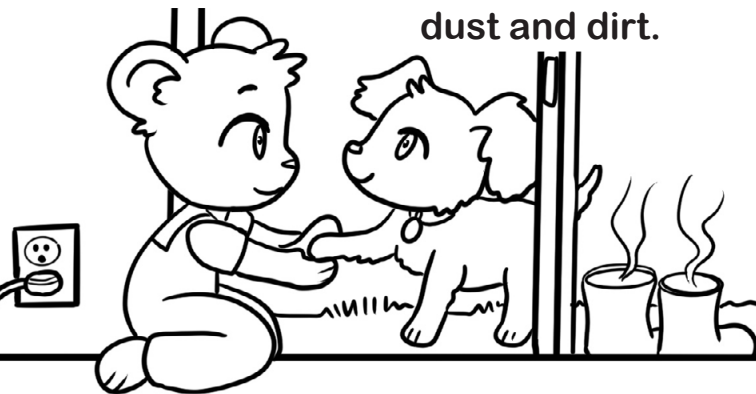


We vacuum and mop once a week.



We wipe our pets' paws before they come inside and wash them regularly to remove dust from fur.

We leave shoes outside the house, so we don't track in dust and dirt.



We stay clean to keep lead out of our bodies.



We wash off our toys after we use them, especially baby brother's toys.



We bring water with us for washing and drinking.



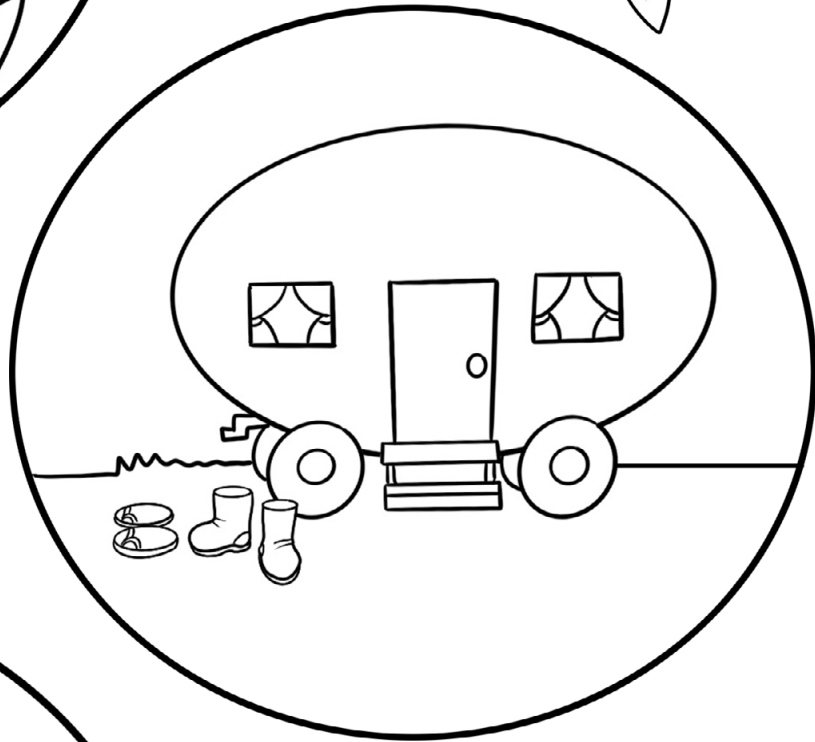
We don't eat food dropped on the ground.



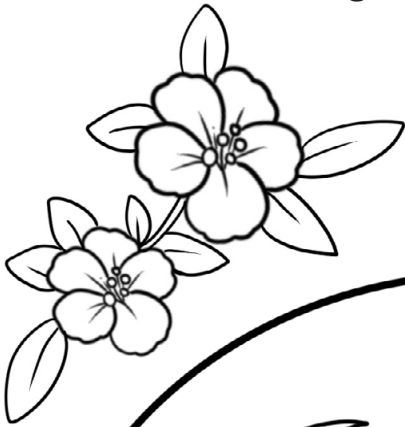
We try to keep our nose and mouth covered when we're on a dusty trail.



We always wash our dog after camping.



We leave shoes outside the camper and tent.



We wash our hands and face before eating.



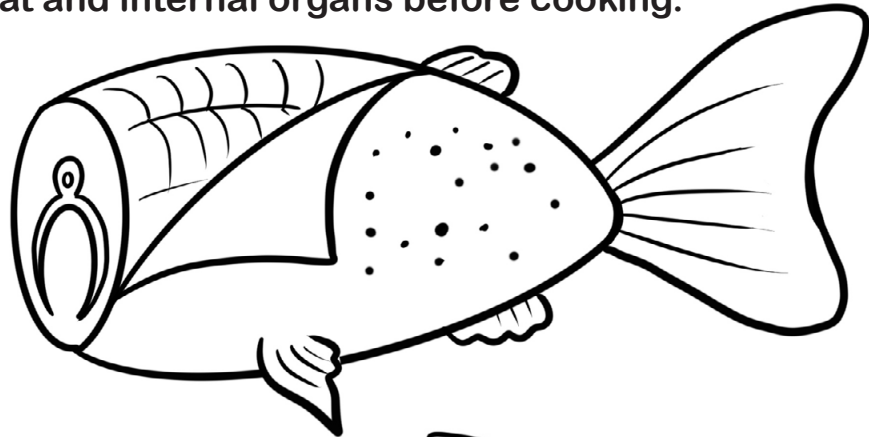
Time for a check up!



We get our blood checked to make sure there isn't too much lead in our bodies.

Fish is a healthy food for us to eat.

We make sure to eat the healthiest parts by removing the head, skin, fat and internal organs before cooking.



Going fishing?

Visit the Lake Roosevelt Fish Advisory at www.lrf.org/fish-advisory

Thank you for playing with us and learning about ways to stay healthy!



Committed to the environmental
and economic well being of
our communities

2206 S. Sherman Street | Spokane, WA 99203 | 509-535-7084 | info@lrf.org

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