



GILMORE TOWNSITE HEALTH AND SAFETY FACTSHEET

METALS IN SOILS

It is not unusual for historical mining sites to have high levels of metals. Lead, arsenic, antimony, cadmium, manganese, and zinc were detected at levels of concern in the soil within the Gilmore townsite and surrounding areas. Exposure to lead and arsenic are the greatest health concern for this area.

These metals can get into your body in several ways: recreating or playing in contaminated soil, putting your hands or other objects covered with dust into your mouth, and breathing in contaminated dust.

ACTIONS YOU CAN TAKE TO REDUCE EXPOSURE TO METALS WHEN RECREATING AND VISITING GILMORE.

Recreation activities at and near Gilmore:

- Wash hands after any outdoor activity and before eating or drinking. Use a nail scrub brush to get dirt out of fingernails.
- Do not let children play in loose soil, dust, and muddy areas.
- Eat on a clean table or blanket, not on the ground. Do not eat food that has been dropped on the ground.
- Keep children's cuts and scrapes clean and covered.
- Wash children's toys after playing outside.
- If riding ATVs or off-highway vehicles, wear proper off-road gear and avoid breathing in dust as much as possible to reduce your exposure risk. For example, avoid riding through dusty areas and increase distance between riders.

Using homes, cabins, and camping at Gilmore:

- Remove shoes and dusty clothes before going inside.
- For homes and cabins, regularly damp-wipe floors and surfaces indoors and vacuum carpets.

Leaving Gilmore and returning home:

- After outdoor activity, remove shoes, dust off clothing, and wash separately from other laundry.
- Wash or dust off any camping or recreational items (tents, bicycles, etc...).
- Wash your dogs, horses, and other animals that accompanied you.
- Avoid tracking dust into your garage by washing vehicles and ATVs.

Nutrition:

- Make sure children have plenty of calcium, iron, and vitamin C in their diets. Taking in these minerals will greatly reduce the amount of lead the body absorbs.
- Although the Gilmore area has a short growing season, if you grow a garden consider bringing in clean soil and use a raised bed. Soak and wash your produce to remove dirt.



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ATSDR ToxFAQs:

The Agency for Toxic Substances and Disease Registry (ATSDR) ToxFAQs is a series of summaries about hazardous substances. Each fact sheet serves as a quick and easy to understand guide.

Visit: www.atsdr.cdc.gov/toxfaqs for a complete list of ToxFAQs or see the following for more information about the specified metals:

ToxFAQs for Lead: www.atsdr.cdc.gov/toxfaqs/tfacts13.pdf

ToxFAQs for Arsenic: www.atsdr.cdc.gov/toxfaqs/tfacts2.pdf

ToxFAQs for Antimony: www.atsdr.cdc.gov/toxfaqs/tfacts23.pdf

ToxFAQs for Cadmium: www.atsdr.cdc.gov/toxfaqs/tfacts5.pdf

ToxFAQs for Manganese: www.atsdr.cdc.gov/toxfaqs/tfacts151.pdf

ToxFAQs for Zinc: www.atsdr.cdc.gov/toxfaqs/tfacts60.pdf

ABANDONED BUILDINGS AND MINING STRUCTURES

Every year dozens of people are injured or killed in recreational accidents on mine property. Hazards associated with abandoned mines are not always apparent to recreationalists. For example, cell phones may not have service in a mine shaft, so it may be impossible to call for help in an emergency.

Common hazards associated with mines:

- **Open shafts** are vertical mine openings that can extend hundreds of feet to the lower level of a mine. Open shafts can be concealed by mine debris, dirt, rock, and even water.
- **Unstable and decayed support** includes once solid beams and frameworks that have been decaying for more than a hundred years. In many cases, there may be no support at all and the fractured roof or walls of the mine tunnel may eventually collapse in response to vibrations and/or the force of gravity.
- **Deadly gases and lack of oxygen** can be present in abandoned mines that are not ventilated. Pockets of methane, carbon dioxide, and other deadly gases can form or displace oxygen with no visible sign. When these gases enter the body, muscles stop responding normally, thinking becomes clouded, and unconsciousness and death can occur.
- **Horizontal and vertical openings** can extend for miles. Within a short distance of the entrance there is no light, making it easy to become lost and disoriented inside a mine.



Safety Tips:

- Stay on developed roads and trails.
- Stay out of old mines, mining structures, waste piles, or dumps.
- Do not camp or recreate near mining structures, waste piles, or dumps.

STAY OUT AND STAY ALIVE

For more information visit:
www.abandonedmines.gov

Or call the Idaho Department of Health and Welfare at:

1-800-445-8647

environmentalhealth.dhw.idaho.gov