

Protecting People's Health in Local Recreation Areas — Add Your Voice



Coeur d'Alene River Basin Cleanup

September 2016

Help us explore options to achieve healthier recreation in the CDA Basin! We are now laying out a strategy to help reduce health risks from lead and other metals at recreation areas. It's called the "Coeur d'Alene Basin Recreational Sites Strategy."

Your chance to help shape the plan: We want your input to help us create a sensible strategy that reflects local needs and values.

Share your ideas about local recreation:

- What is important to you about local recreation and site conditions?
- What questions and concerns do you have about healthy recreation?
- How and where do you recreate? How often?
- Which recreational activities should get priority attention?

The Proposed Strategy:

Dealing with contamination at recreation sites is different than other cleanup activities. It's not often easy to just remove contaminated soil and replace it with clean. That's because many places get re-contaminated with each high water event or flood. Some places, like hiking trails or ATV areas, are just too big or spread out to get cleaned up. Other areas are remote or hard to access for cleanup purposes. So, different approaches are needed. The strategy will help guide the agencies' work in the coming years.

The strategy includes several things. It lays out goals. It lists types of recreation in the area and ways people can be exposed to heavy metals. It identifies ways to inventory recreational areas. It contains a "Risk Management Toolbox." The toolbox presents possible ways to manage human health risks. And, finally, the strategy recaps current outreach. Find it online at: <http://go.usa.gov/2eFP>.

What Can I do to Help?

Review the strategy at:
<http://go.usa.gov/2eFP>.

Send written comments and ideas by **October 20**, 2016, to:

Dana Swift

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1410 North Hilton, Boise, ID 83706
dana.swift@deq.idaho.gov.

Or make comments online at: <http://www.deq.idaho.gov/public-comment-opportunities>.

Come see our booth and share your ideas at:

Kids Health Fair:

September 17, 10 a.m. – 1 p.m.
SMC Health and Wellness Center
858 Commerce Drive
Smelterville, ID 83868



What's the risk?

The Silver Valley and the Coeur d'Alene River Basin are great places to enjoy the outdoors. However, lead and other metals can be found in some places where we play outside — areas like hillsides, river beaches, floodplains, and other recreation spots. Outdoor activities in these areas can result in raised blood lead levels, especially for children. People can be exposed to lead by swallowing it or breathing in contaminated dust, for example. Lead can cause learning disabilities, behavior problems, and slower growth. In adults, it can lead to memory loss, irritability, high blood pressure, and joint pain. Tips follow for reducing exposure.

Keep Clean, Eat Clean, Play Clean:

- Wash hands and face before eating.
- Bring water for drinking, cooking, and washing. Don't use water from the river — even if it is filtered!
- Eat on a table or on a blanket in grassy areas for protection.
- Remove dirt from clothes, toys, pets, and equipment before leaving area.
- Soil tracked home from recreation areas becomes an exposure source. Keep yourself and belongings clean.



Recreation Tips:

- Wear bandanas or other dust-covering over the mouth and nose when riding off-road trails.
- When you use the Trail of the Coeur d'Alenes, stay on the trail and in designated areas.



- Follow fish consumption advisories. It is best to eat fillets only.
- Do not harvest edible plants from floodplain areas.
- Prolonged exposure to metals increases risk, especially for young children and expectant mothers.

What's Being Done Now?

Cleanup work has been going on for years in the Basin. Cleanup has focused on residential yards, community areas, mine and mill sites, and some recreational areas. Community outreach has been aimed at helping people manage health risks. These activities include signs, brochures, educational displays, exhibits at local events, children's activity books, and lead education in schools. Facebook posts, public service announcements, and media articles also provide reminders. These efforts will continue, and we're looking for new ideas, too.





For More Information:

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Websites:

EPA Cleanup Website:

<https://yosemite.epa.gov/r10/cleanup.nsf/sites/bh>

Idaho DEQ's Play Clean Website:

<http://go.usa.gov/PvPh>

Panhandle Health District:

<http://panhandlehealthdistrict.org/environmental-health/icp>

Facebook Page:


www.facebook.com/CDAbasin

What are your favorite outdoor activities?

- ☐ Camping
- ☐ Picnicking
- ☐ Dirt biking
- ☐ Mountain biking
- ☐ Riding ATVs
- ☐ Horseback riding
- ☐ Boating
- ☐ Fishing
- ☐ Hiking
- ☐ Golfing
- ☐ Road cycling
- ☐ Exploring
- ☐ Scenic driving
- ☐ Wildlife viewing
- ☐ Traditional gathering
- ☐ Cultural ceremonies
- ☐ Swimming
- ☐ Beach activities
- ☐ Hunting
- ☐ Foraging for berries, mushrooms, plants



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 TDD or TTY users, please call 1-800-877-8339 and give the operator Andrea's phone number.



Add Your Voice: Protecting People's Health in Local Recreation Areas

- ▶ ***Recreation: Tell us what is important to you.***
- ▶ ***Your ideas for protecting people's health
in local recreation areas are invited.***
- ▶ ***Come to the Health Fair on September 17.***