We can lessen contact with uranium now and in the future. We cannot undo past contact with uranium. There are abandoned uranium mines and mills on the Navajo Nation. DO NOT gather plants, or take gravel, dirt or sand or water from mine sites. DO NOT build, play on, ride ATVs, or make corrals at mine sites. ONLY use regulated water sources for human drinking, cooking or bathing. Regulated water sources are piped water in your home or regulated watering points (usually near Chapter Houses). If you haul water for human use, use only regulated watering points and use containers and hoses approved for human drinking water. If you use water from an unregulated water source; try a filter. If you have water testing results, you may want to get help with questions about...

- Uranium medical screening and monitoring program
- The following:
- Water from an unregulated water source; locations of unregulated water sources
- Water from a regulated watering point or piped water in your home
- Get your home tested for radon and keep it well ventilated until you get the results.
- Separate hoses used for human water and livestock water.
- Separate and use parts where uranium concentrates—liver, kidneys and bones.
- Get regular health care and ask your provider to check on kidney, thyroid, liver, and heart health and check for auto immune diseases.
- Grow and gather plants away from mine sites.
- Do not gather gravel, sand or dirt near mine sites.
- Work and play away from mine sites.
- Graze livestock away from mine sites; if this is not possible, do not use parts where uranium concentrates—liver, kidneys and bones.
- Do not eat, taste or smell radon. But you can test for it.
- Get your home tested for radon and keep it well ventilated until you get the results.

This area was mined for uranium from 1949 to 1980. The area is contaminated and records are incomplete. Uranium exposure:

- Community-exposure to uranium is not like the exposure of miners and millers, but it is still concerning for health.
- Exposure can occur by contact with contaminated soil, water, or radon gas. Here are suggestions to help decrease exposure and to promote good health:

**SOIL**
- Work and play away from mine sites.
- Do not gather gravel, sand or dirt near mine sites.
- Grow and gather plants away from mine sites.
- Graze livestock away from mine sites; if this is not possible, do not use parts where uranium concentrates—liver, kidneys and bones.

**WATER**
- If you have running water, use it. If you don’t like the taste or color, try a filter.
- If you had water for human use, use only regulated watering points and use containers and hoses approved for human drinking water.
- Clean houses and containers before each use.
- Separate hoses used for human water and livestock water.

**RADON**
- Radon is a radioactive gas that comes from uranium. Radon is dangerous in enclosed spaces and is the second leading cause of lung cancer.
- You cannot see, taste or smell radon. But you can test for it.
- Get your home tested for radon and keep it well ventilated until you get the results.

**CARE for your family and yourself**

- CAN cause kidney damage.
- Is linked to increased risk of high blood pressure and autoimmune diseases.
- May increase risks of cancer.
- May increase reproductive problems.
- So, it is very important for anyone exposed to uranin to do the following:

  - Prevent or manage diabetes and high blood pressure with healthy weight, healthy diet, daily exercise, and taking any prescribed medications correctly every day.
  - Prevent cancer by no tobacco, healthy weight, eating well, and keeping up with your cancer screening test—i.e. Pap tests, mammograms, colonoscopies.
  - Get regular health care and ask your provider to check on kidney, thyroid, liver, and heart health and check for auto immune diseases.

To get help with questions about...

Please call...

- Navajo Abandoned Mines Land Office at (928) 871-4982
- Navajo Nation EPA Radon Program at (928) 871-7755; or (928) 644-5085
- Navajo Public Water Systems at (928) 871-7755
- Navajo Tribal Utility Authority at (928) 871-6982
- Window Rock at (928) 871-6982
- Shiprock at (505) 368-1220
- Tuba City at (928) 871-6982
- Regional Medical Screening and Monitoring Program
- Community Uranium Exposure — Journey to Healing, Navajo Area IHS at (505) 368-6311
- Uranine medical screening and monitoring program
- Community Uranium Exposure — Journey to Healing, Navajo Area IHS at (505) 368-6311
- 3 Year Plan, U.S. EPA cleanup activities
- U.S. Environmental Protection Agency at (928) 211-3075
- epa.gov/region9/superfund/navajo-nation
- epa.gov/region9/superfund/navajo-nation