UNDERSTANDING
NUISANCE DUST EXPOSURE

UNDERSTANDING THE DANGER

Nuisance dust is made up of tiny particles in the air that can come from many sources. While it is not always harmful, nuisance dust can make the air harder to breathe or make people feel unwell. Breathing in large amounts of this dust over a long time can lead to serious health issues — especially dust that contains tiny pieces of sand, rock, silica (a natural material found in quartz, concrete and more), small asbestos fibers, or tiny bits of metal.

COMMON SOURCES OF NUISANCE DUST

Nuisance dust can come from a wide range of places and things, including:

Construction work like cutting or breaking concrete, bricks, or stone.

Farm work like plowing, harvesting, or moving dirt.

Factory jobs that involve making or moving materials.

Road work or places with lots of cars and unpaved roads.

Yard work like blowing leaves, spreading mulch, or digging in soil.

WHAT DUST CAN DO TO YOUR BODY

Breathing in tiny bits of dust can sometimes affect your health. Most healthy kids and adults aren't in serious danger from a little dust now and then, but when there's a lot of it in the air, it can cause things like coughing, sneezing, or itchy eyes. Being around dust for a long time can be more harmful.

Common symptoms include:

- Coughing, sneezing, or a runny nose
- Trouble breathing or tightness in the chest
- Making asthma or bronchitis worse
- Breathing in silica dust for a long time can cause a serious lung disease called silicosis

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HOW TO STAY SAFE

Taking these simple steps can reduce your exposure to nuisance dust:

- **Limit time** near where there is dust in the air. Leave the area if you can.
- **Stay far away** from the dust.
- **Stay inside** when you can see dust in the air.
- **Close windows and doors** to keep dust out of the building.
- **Use an air filter inside** to clean the air, if and when needed.

WHAT TO DO IF YOU ARE AROUND NUISANCE DUST

- **Move away** from the source of dust.
- **Rinse eyes and nose** with clean water if dust gets in them.
- **Watch for signs** like a cough that won't go away, trouble breathing, or wheezing.
- **See your doctor** if you feel worse or if these problems last more than a few days.

DO YOU HAVE QUESTIONS?

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