

HOW TO PROTECT YOURSELF FROM ASH

During volcanic ashfall, the best thing you can possibly do is stay inside. Volcanic ash can cause irritation of the airways and lungs, so please stay indoors unless you absolutely have to leave.

If you have to be outside for any reason:

Use a N-95 certified mask- these masks are the most efficient filters of ash. Make sure it's fitted properly- this is vital to ensure the mask will work. **Please note: The adult sized masks are NOT designed for children's use.**

1

If you don't have access to a N-95 mask, you can use the following, but be aware that they will not filter ash as efficiently:

- Use a surgical mask to cover your nose and mouth and then wrap a piece of cloth around it
- Layer cloth three times over your nose and mouth (no need to wet the cloth)

Protect yourself with the right mask; not all masks are suitable for these conditions.



2

Cap the respirator in your hand with the nosepiece at your fingertips allowing the headbands to hang freely below your hand.

Position the respirator under your chin with the nosepiece up.

Pull the top strap over your head resting it high on the back of your head. Pull the bottom strap over your head and position it around the neck below the ears.



3

Place the fingertips of both hands at the top of the metal nosepiece. Mould the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. Pinching the nosepiece using one hand may result in less effective performance.



4

The seal of the respirator on the face should be fit checked prior to wearing.

- Cover the front of the mask with both hands.
- Inhale deeply

A negative pressure should be felt inside the mask. If leakage is detected, adjust the mask and the straps. Retest the seal.

