

HOW CAN I PROTECT MYSELF FROM BREATHING VOLCANIC ASH?

RESPIRATORY PROTECTION

A facemask should fit well to your face but should not make breathing difficult.

Industry-certified masks (e.g., N95-style) provide the best protection.

Cloth materials (e.g., handkerchief) will not be as effective as a well-fitting facemask.

STAY INDOORS

The best way to reduce your exposure to ash is to shelter indoors, especially for children, older people and people with respiratory or cardiovascular disease.

Close windows and doors and seal up large gaps and spaces to the outdoors.

Keep indoor air as clean and cool as possible.

CLEANING UP

Once volcanic ash has settled, carefully dampen the ash with water and remove it. Wear a well-fitting facemask whilst doing this.

CONTACT A HEALTH PROFESSIONAL IF YOU ARE CONCERNED ABOUT YOUR HEALTH

Illustration by Pierre-Yves Tournigand.



For more information see: www.ivhhn.org/ash-protection

This poster was developed by the International Volcanic Health Hazard Network / Durham University UK.