

NOTICE: N95 masks do not protect against gases and vapors



How to Protect Yourself from Breathing Volcanic Ash

County of Hawaii

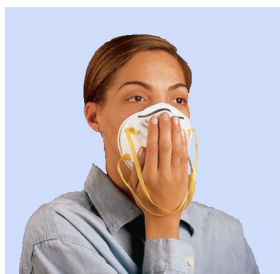


Important safety information

- N95 Particulate Filtering Respirators (masks) cover the nose and mouth to help reduce breathing volcanic ash.
- **N95 masks do not protect against gases and vapors.**
- If you have pre-existing lung disease or other health conditions consult your healthcare provider before use.
- **Children:** Masks are not usually designed for children. Reduce exposure for children and infants wherever possible by staying indoors or removing them from the area.
- Inspect the mask for holes, tears or other damage. Do not use if damaged.
- Anything between the mask and your face (beard, clothing, or glasses) makes the respirator less effective by interfering with its fit.
- You should never wash, disinfect or share your mask with others.
- **Masks are not recommended for long term use.**

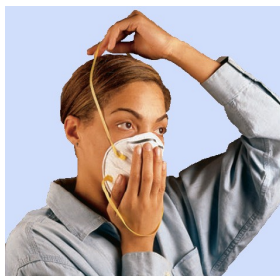


1. Place mask on face



Place mask against your face, with the bottom under chin and metal nosepiece across bridge of nose.

If you wear glasses, remove before putting on the mask.



Pull the top elastic band over your head and place at the top back of your head.



Next pull the bottom elastic band over your head and place around the neck below the ears.

If you have long hair, the bottom band should sit under the hair.

2. Adjust the metal nose strip



Use both hands to bend the metal nosepiece to fit snugly against your nose and face. The mask may not fit as well if you pinch the metal nosepiece using one hand. Use two hands. Slide fingers down both sides of metal nosepiece to seal it against your nose and face.

3. Check the mask-to-face seal



Completely cover the outside of the mask with both hands. Do not push the mask against your face. With your hands in place on the surface of the mask, inhale and exhale sharply. If you feel air blowing on your face or eyes, the mask needs to be adjusted. When mask is a good fit, you will not feel any air blowing on your face or eyes.

For specific information on using masks for volcanic ash visit www.ivhhn.org

For more information on 3M™ masks visit www.3m.com

For information on current conditions visit www.hawaiicounty.gov/civil-defense or call 935-0031.

The County of Hawaii is grateful to 3M™ for the donation of N95 masks and the American Red Cross for support with distribution.