

# Volcanic ash fall

## Staying safe during an eruption

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Volcanic ash is a mixture of tiny minerals, rock and glass particles that are small in size with low density. Ash particles are hard often having jagged edges.

Individuals most at risk are Elders, children and those with pre-existing respiratory issues.

### What are possible health risks of ash fall:

- Discomfort and irritation of eyes, nose or throat
- Heightened respiratory and cardiovascular issues
- Shortness of breath
- Cough or wheezing

### Ways to limit exposure after an eruption:

- Clear ash from clothing, shoes and pets before going indoors
- Keep windows, doors, vents, and woodstove dampers closed and HVAC systems off
- Seal gaps where ash can enter and use a damp towel at the base of external doors
- Avoid additional indoor air pollution by not smoking, using harsh chemicals, burning candles/incense, etc.
- Change furnace and ventilation filters
- Dust with a damp cloth
- Turn off house fans
- Stay indoors if possible
- Use a proper fitting N95 mask and goggles when going outdoors, especially while driving an ATV
- Use a HEPA air cleaner/filter

For more information on volcanic ash visit the [CDC](#) and [State of Alaska Department of Health and Social Services](#) websites.



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