



After the Storm- Mold and Moisture

What can I do to prevent becoming ill from mold exposure?

A Guide for Volunteers and Workers

Plan ahead!
Talk to your doctor about your health risks.*

Am I suitable to do mold clean up?
Can I safely and correctly wear a respirator?

Know your optimal role!
Not everyone should be in direct contact with mold.

I can help in other ways!
:)

Wear Protective Gear



Respiratory Protection

✓ NIOSH certified N-95

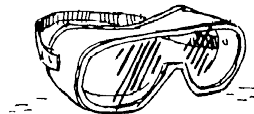


“a user seal check should be done by the user every time the respirator is to be worn to ensure adequate seal” - CDC



Eye Protection

✓ Unvented Goggles



Avoid touching the inside of the goggles or your eyes when lifting the goggles. If you find that your goggles frequently fog up, consider using a full-face respirator in place of the goggles and N-95.



Skin Protection

✓ Long Sleeve Gloves



✓ Coveralls with hood and booties



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