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.*

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

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

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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