

THE INFORMATION INSIDE THIS LEAFLET IS SUITABLE FOR THE WEARING OF ANY FACEMASK IN A COMMUNITY SETTING.

Make sure your choice of facemask fits well to your face!

- A good facemask may have a flexible metal nose clip, adjustable straps and may also have foam around the edges to help with the seal to your face.
- When your facemask fits properly, there should be a good seal around your face so that you cannot feel any air coming in around the edges.
- Make sure that spectacle/goggle frames do not affect the seal between the facemask and your face.
- If you have facial hair, the facemask will not be as effective, because it cannot make a good seal to your face.
- You can improve the fit and effectiveness of a facemask by tying a layer of cloth over it, although you are likely to find this less comfortable and you should not tie the cloth so tight that it makes breathing harder.

**For further information on how
to reduce exposure to volcanic ash,
and advice on the effectiveness of
different types of respiratory protection, see**

www.ivhnn.org/ash-protection

HOW TO FIT A FACEMASK

FOR VOLCANIC ASH AND OTHER PARTICLE EXPOSURES



HOW TO FIT A FACEMASK



With clean hands, take the mask out of the packaging. Avoid contaminating the inside of the mask with ash.



Open up any flaps and prepare the straps/ loops for tying around the head or ears.



Fit the mask over the nose and mouth. Fit any straps to the head, with the top strap around the top of your head, above your ears.



Make sure the lower strap is below your ears, towards the bottom of your head. Tighten the straps/ loops until the mask makes a seal around your face and is comfortable.



With both hands, gently press any nose clip so that it fits well across the nose and onto the face below the eyes. Do not pinch the clip.



Cover the mask with both hands, being careful not to change the fit. Breathe out sharply to check for air leakage around the mask edges. Adjust fit if there are leaks.