

Basic Health and Safety Measures in Event of an Alaskan Volcanic Eruption

"If Anchorage is affected by an eruption the following basic health and safety measures should be followed.

1. Remain indoors during heavy ash fall periods;
2. Wear an N95 face mask when outdoors to reduce inhalation of ash particles. These dust masks can be purchased at most hardware stores;
3. As an alternative to a face mask, a wet cloth or bandana placed over the mouth and nose can help reduce exposure;
4. Contact lens wearers are advised to switch to eye glasses to reduce eye irritation from ash exposure;
5. Wear goggles for eye protection;
6. Wear long-sleeved shirts and gloves to protect skin; avoid bare skin contact with ash as much as possible.

Up to date information sources:

NOAA Forecast Office:

<http://pafc.arh.noaa.gov/volcano.php>

Alaska Volcano Observatory, Mt. Redoubt:

<http://www.avo.alaska.edu/activity/Redoubt.php>

Municipal Department of Health and Human Services, Air Quality:

<http://www.ci.anchorage.ak.us/healthesd/airqualityvolcano.cfm>

Emergency Alert System:

<http://www.muni.org/oem/eas.cfm>

MOA Office of Emergency Management:

<http://www.muni.org/oem>

Anchorage Emergency Conditions Information Line: 343-4701"