



## 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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INDOOR ENVIRONMENTS  
AND HEALTH

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