

# Volcanic Ash

## Health Effects and Protective Measures

### Potential Health Effects of Volcanic Ash

- General respiratory and breathing problems with short-term symptoms such as runny nose, sore throat, chest tightness and dry cough.
- Breathing difficulty for sensitive people such as children, the elderly and those with respiratory conditions.
- Eye irritations and minor skin problems.
- Injuries or deaths from roof collapse or automobile accidents that may result from slippery roads and poor visibility.

### Precautions- What you can do

- Minimize exposure to airborne ash. Stay indoors as much as possible.
- If you have asthma or other respiratory condition, make sure you have adequate medication, follow your asthma or respiratory diseases management plan and contact your doctor if you are having breathing or other health related problems.
- Keep all doors and windows closed when ash fall is heavy.
- Protect your home from ash infiltration with the use of damp curtains, blankets, cloth or like materials.
- Keep pets and livestock in closed shelters.
- If you must go outside, wear a protective face mask.  
**Note: Face masks may make breathing more difficult for persons with existing respiratory conditions. Remain inside until ash clears if you have a respiratory ailment.**
- If no protective face mask is available, improvise! Wear

a fabric mask made from handkerchiefs, cloth or clothing to filter out larger ash particles. Dampen fabric with water to improve effectiveness.

- Wear goggles or eye glasses to protect eyes from irritation.
  - When cleaning up ash outside, wear long sleeves and pants and a face mask. Dampen ash in your yard to prevent it from billowing up into the air and make cleanup less hazardous. When cleaning up ash, do not use tools that may stir it up.
  - Clear your roof of ash. Ash is heavy and can cause a roof to collapse. Be very cautious when working on the roof. Ash can be slippery and make it easy for you to fall.
  - Observe the traffic notifications and road safety measures when travelling in affected areas.
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# **Volcanic Eruption**

## **Preparing for a Volcanic Eruption**

- Listen to regular updates from the volcanic monitoring center.
- Follow the advice of local authorities. They will give you information on the volcanic eruption, and if necessary, instructions to leave or evacuate the area.
- Prepare a survival kit with adequate supply of water, food, basic clothing, first-aid supplies and medicines, battery-operated radio and flashlight.

## **If told to evacuate**

- Follow instructions/advice from local authorities.

- Though it may seem safe to stay at home and wait out an eruption, doing so could be very dangerous.
- Carry your survival kit.
- Follow advisories from local authorities to protect yourself from volcanic ash, ensure safe water and proper waste disposal.

### **If you are outdoors**

- Seek shelter indoors, if possible.
- If caught in a rock fall, roll into a ball to protect your head.
- If near a stream or river, be aware of rising water and possible mudflows in low-lying areas. Move up slope as quickly as possible.
- Seek care for burns right away. Immediate care can be life-saving.
- If eyes, nose or throat are irritated from volcanic gases and fumes, move away from the area immediately. Symptoms should go away when you are no longer in contact with the gases and fumes. Consult a doctor if symptoms continue.
- Use goggles or eye glasses to protect your eyes.
- Wear protective clothing – long sleeved shirts and long pants.

### **If you are indoors**

- Stay indoors as much as possible.
  - Close all doors and windows. Protect your home from ash infiltration by using temporary filters like damp curtains or cloth.
  - Bring pets and livestock in closed shelters.
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# Mag 4-S Laban sa DENGUE

## SEARCH and DESTROY

Para di maipunan ng tubig at pamugaran ng kiti-kiti:

- Palitan ang tubig at linisin ang flower vase minsan sa isang linggo.
- Takpan ng lupa o buhangin ang mga butas sa paligid ng inyong bahay.
- Takpan ang mga timba, drum o iba pang imbakan ng tubig.
- Tanggalin at butasan ang mga gulong sa ibabaw ng inyong bubong o mga gulong sa inyong paligid.
- Itaob ang mga bote, lata at iba pang maaaring pang-ipuna ng tubig at pangitlugan ng lamok.
- Linisin at alisin ang tubig sa pamiggalan.

## SELF-PROTECTION MEASURES

- Iwasan ang maiikling kasuotan upang di madaling makagat ng lamok.
- Maaari ding gumamit ng mosquito repellent sa araw.

## SEEK EARLY CONSULTATION

- Kung may lagnat na ng 2 araw at may rashes sa balat, pumunta at komunsulta agad sa pinakamalapit na health center o ospital.

## SAY NO TO INDISCRIMINATE FOGGING

- Yes to fogging only during outbreaks.

For more information please call the Health Promotion Unit  
DOH-CHD-Bicol

Trunk line (052)483-0935 local 551 or (052)483-0372

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# Chikungunya

**Chikungunya Virus** is carried by infected mosquitoes. It causes high grade fever and severe joint pain that starts suddenly. It can also cause headache, muscle pain and rash. Chikungunya(CHIK) does not often result in death, but the symptoms can be disabling, and some people may get severe complications. There is no specific medication available to treat CHIK. There is no vaccine to prevent CHIK. **Avoiding mosquito bites is the key to avoid chikungunya fever (CHIK).**

## Why should I be concerned about CHIK?

- CHIK can be extremely painful and prevent those infected from performing regular daily tasks.
- A recent outbreak in Italy revealed the chance for a similar event in the US.

## How is CHIK spread?

The virus is spread by bites from infected Aedes mosquitoes. If a person is infected and bitten by a mosquito, that mosquito may later spread the virus by biting another person.

## What are the Symptoms?

- Sudden onset of high grade fever (102F or 40C)
- Severe joint pain mainly in the arms and legs
- Muscle pain
- Headache
- Back pain
- Rash (50% of cases may develop rashes)

Symptoms appear on average 3 to 7 days after being bitten by an infected mosquito.

Most patients feel better after a few days or weeks. Some people may develop longer-term joint pain.

Complications are rare, but more common in:

1. Infants (<1 year)
2. Elderly (>65 years)
3. People with other chronic conditions such as:  
diabetes, hypertension, etc.

**\*\*\* Extra caution should be taken by people in these groups to avoid mosquito bites\*\*\***

### **How is CHIKV treated?**

There are no specific medicines for this virus. However, using medicines (other than aspirin) to lower your fever and joint pain may help. Consult a health care provider.

### **How can I avoid becoming infected?**

**AVOID MOSQUITO BITES!** The following will help to reduce your chances of being bitten:

- Wear long-sleeved shirts and long pants.
- Use mosquito repellent on exposed skin including: DEET,

picaridin, IR3535 and oil of lemon eucalyptus.

- Ensure window/door screens are intact.
- Use A/C when available to make households less hospitable to mosquitoes.
- Wear permethrin-treated clothing to repel and kill mosquitoes.

### **How can I protect my community?**

Aedes mosquitoes live in a wide range of habitats across the US. Standing water is needed for mosquito eggs to develop into adults. **Preventing standing water prevents Aedes mosquitoes.** Standing water can collect in tires, flower pots, cans, wading pools, drain pipes and any other open containers.

Cooperate with your area's mosquito control program, if spraying occurs.

### **What should I do if I have symptoms?**

- Record your symptoms and see a doctor.
- Protect yourself against further mosquito bites.
- If you are sick with CHIKV, avoiding bites will help to protect others from getting sick.

### **Where can I find more information?**

[Centers for Disease Control and Prevention](#)