Personal Care Tips - Dealing With Volcanic Ash

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During this uncertain time, we appreciate that you may have several concerns as it relates to the protection of your property and possessions, and as such, we wish to provide you with the following tips relative to preserving the safety of yourselves, family and valued possessions.

Tips For Personal Care:

1. **Stay indoors**

   Avoid venturing outside. If you must, use an appropriate mask for protection.

2. **Take extra care**

   If you suffer from chronic bronchitis, emphysema or asthma, or any respiratory condition avoid unnecessary exposure to volcanic ash by staying indoors wherever possible.

Please continue to stay safe during this time. Stay indoors and away from the ash as much as possible. Connect with us via our social media pages for more updates.

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