



PRECAUTIONARY MEASURES FOR ELEVATED SULFUR DIOXIDE LEVELS ON THE BIG ISLAND

Recent activity at Kilauea volcano has been affecting nearby communities on the Big Island with increased levels of sulfur dioxide (SO₂). The DOH is working with Hawaii County and its efforts to continue to monitor the SO₂ levels throughout the Big Island.

Elevated levels of SO₂ can cause breathing problems in individuals especially those with preexisting respiratory conditions, such as asthma, emphysema, and bronchitis. If you have respiratory conditions and live or work in an area impacted by SO₂ or vog, consider taking precautionary measures. The following are general recommendations from the American Lung Association:

- Stay indoors and use an air conditioner, if available.
- Do not smoke and avoid second-hand smoke.
- Limit physical exertion.
- Drink plenty of fluids to loosen mucus. Warm beverages seem to work best.
- If you take medications, make sure you have an adequate supply and keep them readily available in a convenient place.
- Contact your physician as soon as any respiratory problem develops.

While these recommendations are intended primarily for persons having respiratory or chronic lung disease, they are also useful for healthy persons during vog episodes.

To obtain additional information on respiratory health, contact your personal physician or the American Lung Association of Hawai'i at **(808) 537-5966**.