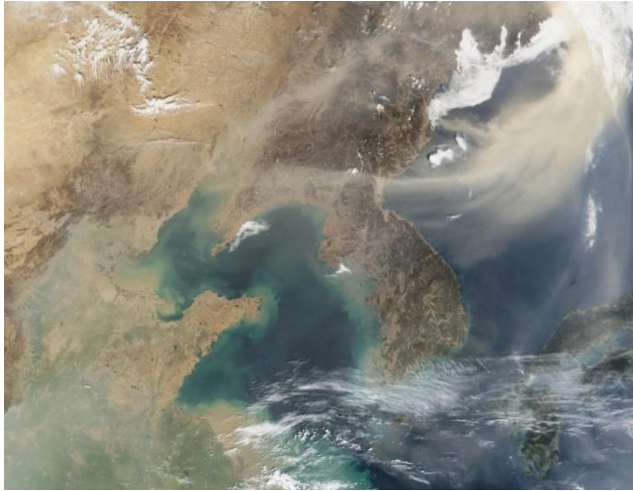


YOUR GUIDE TO YELLOW DUST/FINE PARTICULATE MATTER



Yellow dust originates from the dry desert regions of China and Mongolia where winds pick up fine sand particles and blow them across the continent. This has been occurring for many generations, but with the increased deforestation in the area, the amount of dust has also been increasing.

To make matters worse, the high levels of pollution in China means that these dust particles absorb hazardous materials as they blow across the country and towards South Korea. Add this to the pollution from Korea's

own factories and you have dangerous levels of pollutants filling the air.

The size of particles is directly linked to their potential for causing health problems. Small particles less than 10 micrometers in diameter pose the greatest problems, because they can get deep into your lungs, and some may even get into your bloodstream. Exposure to such particles can affect both your lungs and your heart. Numerous scientific studies have linked particle pollution exposure to a variety of problems, including: premature death in people with heart or lung disease, nonfatal heart attacks, aggravated asthma, decreased lung function and increased respiratory symptoms, such as irritation of the airways, coughing or difficulty breathing. That is why it is important to protect yourself as this problem continues to escalate.



Dust Masks

Yellow dust masks are available in many shapes, sizes, and filter grades across Korea. Even if you aren't part of the "sensitive groups" that would be most affected by the pollutant, the health risks can still be quite high. In many cases, it is better to be prepared than to venture out into the hazardous pollution unprotected. Luckily, there are disposable dust masks that you can purchase to protect yourself from breathing in these fine particles that can work their way into your bloodstream.

There are tons of different dust masks available so it can be a bit confusing as to which ones will give you the best protection for the lowest financial cost. Here is a simple guide to dust masks available in Korea.

Cloth and Surgical Masks

Cloth and surgical masks are NOT adequate enough to filter out the yellow dust and fine particulate matter. If your goal is to protect yourself from the pollution, these masks are to be avoided.



N95 Masks



The US-based National Institute for Occupational Safety and Health (NIOSH) gives masks the **N95** rating for being able to filter out **95%** of particulate matter. There are also **N99** masks that filter out over **99%** of particulate matter, but these are more expensive and can be difficult to find. Examples: 3M 9501, 3M 8110S, 3M 8210, 3M 9210

KF80/KF94/KF99 Masks

KF (Korea Filter) masks more closely adhere with the European Standard rating system.

KF80 masks are equivalent to P1 filtration and filter out 80% of particulate matter. KF94 Masks are equivalent to P2 filtration and filter out 94% of particulate matter. KF99 masks are equivalent to P3 filtration and filter out 99% of particulate matter.



Where to buy

With the increasing concerns over air quality in Korea, dust masks are becoming more and more widely available. They can often be found at your local pharmacy and at larger marts.