Save Your Breath for the Important Times in Life

“I wear a mask because after cleaning a bin I can be sick for up to a week. I can only imagine what the long-term effects would be if I didn’t wear one”
Brad F. Southwest Iowa Farmer

Always wear a mask in dusty settings.

Using an N95 approved mask will lower your chance of getting:

- Allergy Symptoms
- Organic Dust Toxic Syndrome (ODTS)
- Cough
- Nose and Sinus Symptoms
- Asthma Symptoms
- Chronic Obstructive Pulmonary Disease (COPD)

For help with choosing the right mask with the right fit for the right settings visit http://agrisafe.org

For more Safety and Health Information please visit www.unmc.edu/publichealth/cscash