

Yellow Sand/Asian Dust – 황사 (HwangSa)

As of 08 January 2008

What is it? Inhalable particles that originate from dry, desert regions of China and Mongolia.

What does it do? In sufficient concentration, fine particles can obscure visibility, irritate soft tissues in the eyes, nose, mouth, and throat, and cause or exacerbate respiratory and cardiovascular problems.

When does it happen? Yellow Sand events usually occur from February through June.



What can I do?

During the Yellow Sand/dust storm:

- Avoid outdoor activities, especially the elderly, young children, and persons with lung diseases (such as asthma), heart disease or diabetes; see other side of card for activity restriction recommendations
- Keep windows and doors closed
- Remove contact lenses and wear glasses
- Brush your teeth and wash your hands, face and eyes with warm water upon returning indoors
- Drink plenty of water to keep your tears flowing well
- Use air filters to keep air clear, and humidifier to increase indoor humidity level
- Wash fruits and vegetables exposed to Yellow Sand before consumption
- Wash hands carefully before handling food
- Don't burn candles and don't smoke indoors

After the Yellow Sand/dust storm has cleared:

- Air out room/house
- Wash objects exposed to dust before using them – do this carefully to keep from stirring up the dust

Check the current Yellow Sand concentration at <http://www.usfk.mil>, click on **Yellow Sand**, or <http://www.seoul.amedd.army.mil>, click on **Yellow Sand**. For more information, contact Deputy Chief of Staff Force Health Protection, 18TH MEDCOM at **736-3033/3025**, mobile **010-7124-9512**.

Yellow Sand Activity Restriction Recommendations As of 08 January 2008

Dust Concentration Microgram(ug)/m ³	Level of Health Concern	Health Alert Color Code	Personnel at High Risk*	All Others
0-99	Good	Green		
100-199	Moderate	Amber	Consider reducing prolonged and heavy exertion ⁺	
200-399	Unhealthy	Blue "WATCH"	Do not exercise or play outdoors; Limit outdoor physical activity to bare essentials	Reduce prolonged and heavy exertion ⁺
400-799	Very Unhealthy	Orange "ADVISORY"	Avoid all outdoor activities	Do not conduct outdoor physical training; Cancel prolonged and heavy exertion outdoor activities ⁺
800 or greater	Hazardous	Purple "WARNING"	Remain indoors and keep activity levels low	

FOR THE LATEST YELLOW SAND LEVELS, go to <http://www.usfk.mil>, click on **Yellow Sand**, or <http://www.seoul.amedd.army.mil>, click on **Yellow Sand**, or call DSN 736-3033/3025, mobile 010-7124-9512

*Personnel at High Risk:

- Children-5th grade & younger
- Elderly-65 and older
- Persons with heart disease
- Persons with lung disease such as asthma
- Persons with diabetes

⁺Heavy exertion

- Field training exercises
- Road Marching (any distance)
- Mowing lawns
- Outdoor recess or organized sports activities
- Outdoor Running (P.T. or recreational)

Commanders, Supervisors, and School Leaders should:

- Identify individuals at high risk and implement appropriate protective measures
- Commanders should include Yellow Sand conditions in training risk assessments