

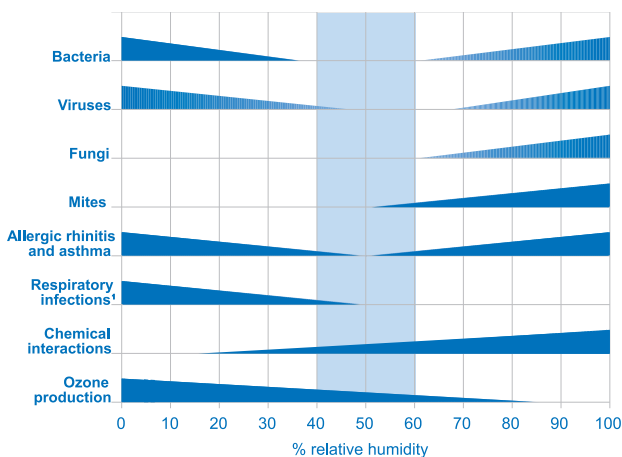


Why Humidify... **YOUR HOME**

*Ensuring proper humidification in
your home is essential to the health of you
and your family, even your pets.*



Optimum Relative Humidity Ranges for Health



¹Insufficient data about 50% RH.

E.M. Sterling, Criteria for Human Exposure to Humidity in Occupied Buildings, 1985 ASHRAE.

Having a relative humidity of 40-60% RH in your home provides numerous benefits including:

- Minimizing flu transmission
- Protecting your flooring, furniture, and artwork
- Providing relief of allergies and asthma
- Reducing dry, itchy skin, sore throats, headaches, and tired eyes
- Reducing fatigue and increasing comfort
- Minimizing airborne dust and pollutants
- Protecting and providing comfort for your pets

We are all able to tell whether an atmosphere is hot or cold the moment we enter it, but perceiving whether air has a low humidity is not as obvious to us.

Our senses are not refined enough to “feel” the moisture content of the air we breathe into our lungs or which touches our skin.

*Having a relative humidity of **40-60% RH*** is the ideal condition for our overall wellness, the efficient functioning of our respiratory immune system and the prevention of spreading airborne microbes and pollutants throughout buildings.*

Humidification for your Home

Did you know that the heating system in your home can dry the internal atmosphere of the air which results in the relative humidity around you dropping below 40% (RH). When humidity levels drop to this point the air will draw moisture from any available source. This includes our bodies, materials such as wood and textiles, our pets and even the fabric of our home itself. This will not just leave us feeling dehydrated but can have serious implications for our health and a damaging effect on the items in our homes.

Combating the Flu with a Humidity Remedy

Everyone releases tiny water droplets, called aerosols, when they breathe, talk, cough or sneeze. These microscopic droplets are composed of solutes such as saliva, mucus, salts, germs and viruses. Droplets less than 4 microns can remain airborne and infectious for hours.

Research has shown that a simple way to reduce flu infection is to increase indoor humidity levels. In an atmosphere with between 40% - 60% RH, expelled

* Relative humidity may require winter setback to avoid condens



droplets retain their moisture content, are heavier and unable to remain airborne. Furthermore, the dissolved salts inside the remaining airborne droplets create a hostile environment for any suspended microbes, decreasing their infectious nature and any risk they pose to your health.

Protecting Your Furniture, Artwork, and Flooring

When air is dry it seeks moisture from any available source including wood flooring, wood or upholstered furniture, artwork and instruments. Having the moisture sucked out of these items by the air leaves your belongings dry, cracked, warped, damaged and in some cases making them lose significant value. Ensuring the air in your home is humidified from 40-60% RH will protect the valuable items in your home.

Reducing Fatigue and Increasing Comfort

The ideal humidity level for human health and comfort is between 40-60% RH. Breathing in dry air makes the uptake of oxygen and its subsequent transfer to the blood stream more difficult. Fatigue, tiredness and reduced concentration are symptoms of a reduced oxygen supply. Low humidity levels can also cause you



to suffer from sore throats, headaches, tired eyes, dry contact lenses, and dry unmanageable hair.

Minimize Allergies and Asthma

House dust is the biggest trigger of allergies worldwide. Anyone who is allergic to dust reacts to either mite constituents or animal allergens with complaints such as sneezing, eye irritations, asthma, and overall just not feeling well. Air humidity plays a major role in the extent of dust turbulence. The adhesion of “moistened” dust to smooth floor surfaces increases dramatically above 30-40% RH, therefore reducing dust in the air. Airborne dust that is exposed to humidified air sticks together, forms clusters and quickly falls to the floor due to weight added to the dust from the humidity. The optimal humidity range for minimizing allergy complaints is between 40-60% RH.

Protecting your Pets

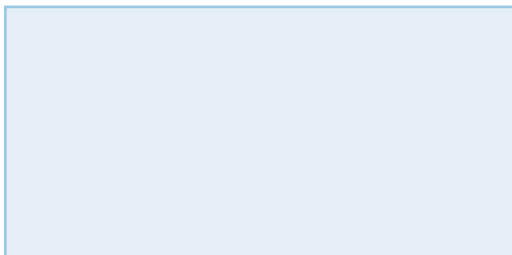
Do you have a dog or cat at home? Did you know that your pets will suffer from dry air in the same way you would. Your furry friends can also suffer from illness, allergies, and discomfort when your home's humidity levels fall below 40% RH.

Nortec's RH2 Series Humidifier

The most accurate and efficient home humidifier for you, your family, and your home.



Contact us today to create a balance of health and wellness in your home for the entire family.



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