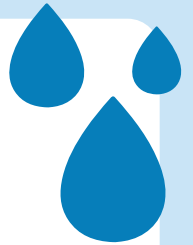
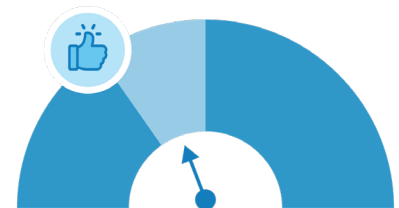


Tips for a Healthy Home

Humidity in the home



Humidity is the amount of water or moisture in the air. It can affect your child's health in many ways, especially if they have asthma or allergies.



Good humidity is 35-50%



How can you check the humidity?

Relative humidity compares the actual amount of water in the air to the most amount of water the air can hold.

- Find relative humidity on your weather app.
- Test your home's humidity (indoor air) using a device called a **hygrometer**.



Why does humidity matter?

If the range is below or above the **35-50%** range, the air can make your child **cough** and have a hard time **breathing**. Sudden changes in humidity can also make breathing conditions like asthma worse.

Low humidity

Low humidity can result in **dry air**, which can cause:

- Difficulty breathing
- Dry skin
- Itchy eyes
- Nosebleeds

High humidity

High humidity can cause difficulty breathing by making it easier for the growth of:

- Dust mites
- Mold
- Pollen
- Allergens

Resources

For more information on **humidity**, visit:

www.pehsu.net/Flooding_Aftermath.html

www.epa.gov/mold/what-are-main-ways-control-moisture-your-home

www.childrenshospital.org/pehc



How can you change the humidity in your home?

Humidifiers and **dehumidifiers** are both used to control humidity. Learn the difference so that you know when to use each one.



Humidifier

Adds moisture into the air to **raise the humidity**.

Helps with:

- Dry skin
- Breathing passages
- Allergies



Dehumidifier

Absorbs moisture out of the air to **lower the humidity**.

Helps with:

- Breathing
- Asthma symptoms
- Mold and mildew growth

When do you use each one?

Use typically in the **dryer months**:

- Winter
- Spring

Use typically in conditions with **high moisture**:

- Summer
- Basements
- Areas with water leaks
- After flooding

What are the different types?

- **Warm mist** is best for children with asthma or allergies.
- Don't use **cool mist**. It can spread particles of allergens and make air quality worse.
- **Refrigerant** - for a limited area, most effective at typical room temperatures
- **Desiccant** - absorbs water from the air using a physical material
- **Whole house** - ventilation systems

How can you use them best?

Both humidifiers and dehumidifiers work best when used in **well-ventilated areas** (with good airflow). This helps moisture get distributed evenly.



How do you keep them clean and safe?

Both humidifiers and dehumidifiers handle moisture. This can make them grow **mold** and **mildew**, which can make allergies and asthma symptoms worse.

- Always use clean, fresh water.
- Clean after each use (or at least weekly) in a well-ventilated area.
- Replace filters as recommended.

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