

New Scientific White Paper Suggests Humidity Levels In Your Home Play a Role in Reducing the Life of Flu Virus on Surfaces and in the Air

Jim McDevitt,
Harvard School of Public Health

Jim McDevitt: We reviewed the scientific literature going back seventy years for influenza virus survival and the effects of relative humidity and what we found was that influenza was least likely to survive at relative humidity between forty and sixty percent.

Dr. Ted Myatt, Sc.D,
Environmental Health and Engineering,
Inc.

Dr. Ted Myatt: A great way to increase relative humidity in your home is through the use of a humidifier, which releases moisture into the air so you can get into that ideal range of forty to sixty percent.

Humidifiers also Keep the Throat and Nasal Passages Hydrated, Which Helps You Breathe Better and Sleep More Comfortably

Dr. Jennifer Tractenberg,
Pediatrician The Mount Sinai Medical
Center

Dr. Jennifer Tractenberg: In terms of natural remedies for cold and flu a humidifier is a perfect option. A cool mist humidifier is great for children to put into their rooms. It puts moisture in the air and makes their noses and nasal passages moist so they feel better and more comforted while they sleep.

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