



# REENSAIR

## The Humidification Advantages

### Major Health Benefits with Humidification

1) **Reduce Spread of Disease**: Did you know that proper humidity levels are very important to good health? Low humidity in the winter time increases the likelihood that air born viruses, bacteria and illnesses will proliferate in your home. By maintaining 40% relative humidity in your home you will reduce the ability of the Influenza virus to spread by over 90% and air borne bacteria by over 95% .

2) **Membrane Malfunction**: Low humidity causes your mucous membranes (eyes, nose and throat) to dry out. Dry membranes are significantly less efficient at removing air borne contaminants.

3) **Reduce Dry Skin disorders**: Low humidity contributes to dry skin. The human body's skin is an amazing organ - and when you reside in low humidity environments it passes large amounts of moisture causing your skin to dry out. Dry skin is more susceptible to eczema, dermatitis and other skin disorders. Nose bleeds are also often the result of low humidity.

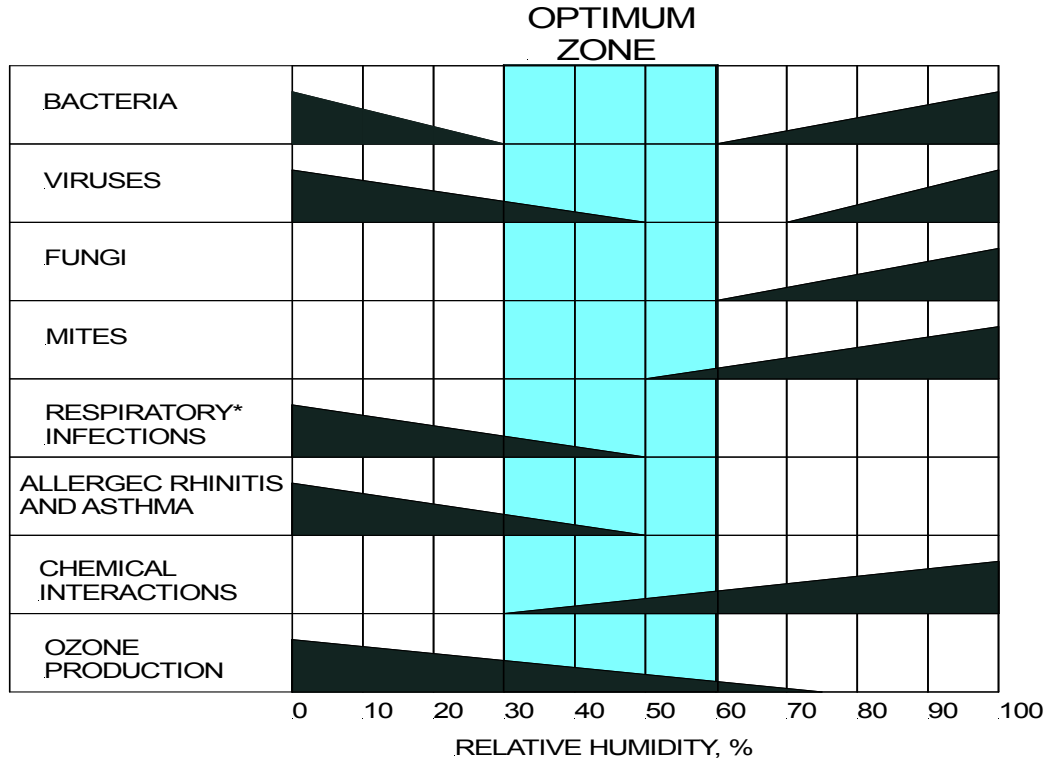
4) **Epidemiological studies** have found lower rates of respiratory illness reported among occupants of buildings with mid-range relative humidity than among occupants of buildings with low humidity.



***What are the cost savings to you as a homeowner by having less illness, absenteeism, lower medical bills and overall better comfort and productivity for you and your family???***

## OPTIMUM HUMIDITY RANGE FOR HUMAN COMFORT AND HEALTH

(Adapted from Sterling et al. 1985)



Decrease in bar width indicates decrease in effect

\* Insufficient data above 50% rh

(Please note: the figure above is modeled after Figure 1 from page 20.1 of the 2004 ASHRAE Handbook - HVAC Systems and Equipment)

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