



Sometimes the best medicine is no medicine!

Crane Ultrasonic Humidifiers

Young children commonly get about 6 - 8 colds and upper respiratory tract infections each year. Due to the risk of overdose, the FDA and pediatricians recommend not giving over the counter cough and cold medicine to children under the age of six.

For cold and flu symptoms, the American Academy of Pediatrics recommends the following:

- Cool mist humidifier
- Saline nasal solution
- Nasal aspirator

Humidifiers help with overall cold and flu symptoms. A cool mist humidifier is preferred over a warm mist humidifier because the water does not boil.

Specifically, humidifiers help with the following:

- Loosen nasal congestion
- Ease dry coughs
- Sooth itchy dry skin
- Moisten chapped lips
- Prevent nose bleeds



Humidifiers and Breastfeeding

When breastfeeding, it is important for infants to be able to easily breathe through their noses. Using a humidifier helps to loosen nasal congestion, prevent nosebleeds and moisten sinus and nasal passages making breathing through the nose much easier. If your infant cannot easily breathe through his or her nose, it can be frustrating and difficult for mother and child during nursing.

What is the difference between a cool mist and a warm mist humidifier?

Warm mist humidifiers produce a warm mist by boiling the water in the humidifier to produce steam. Ultrasonic humidifiers generate a cool mist when a thin film of water is passed over a rapidly vibrating transducer. The vibration breaks the water up into tiny droplets and emits a whisper quiet cool mist.

What is the difference between a humidifier and an air purifier?

Humidifiers add moisture to a room or home by dispersing water vapor into the air. Air purifiers intake, purify, and output freshly cleaned air by removing particles and pollutants from the air.

Important Humidifier Tips to Remember:

- FILL with cool water REPLACE cap tightly PUT tank back on base
DO NOT add salt or other additives
- Place humidifier on a LEVEL, LINT FREE & WATER RESISTANT surface
DO NOT place on wood, cloth or carpet
- See WHITE DUST? Try using one of these: DISTILLED WATER, FILTERED WATER, CRANE DEMINERALIZATION FILTER
Hard water affects the purity of your mist
- EMPTY water in the tank and base AFTER EACH USE
Mold can grow in sitting water
- SOAK tank and base in WHITE VINEGAR & WATER SOLUTION after a week of use