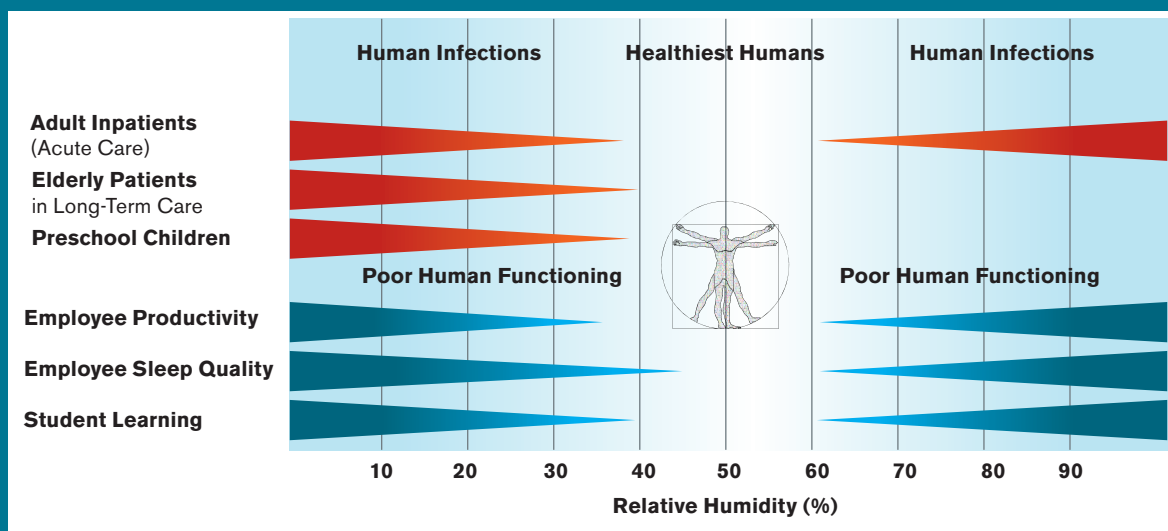


A LOOK AT PROPER HUMIDITY

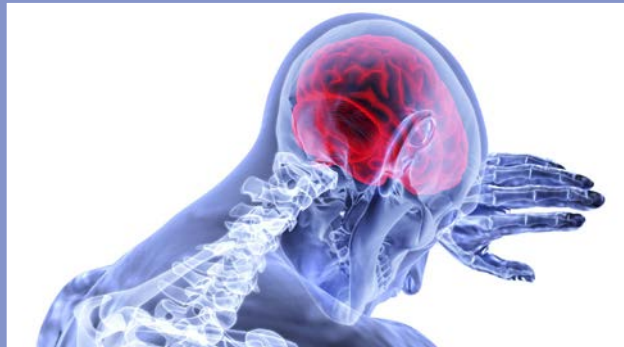
IAQ-conscious homeowners might be interested to know how humidification can preserve not only their health but the health of their home, too.



Indoor relative humidity in the range of 40 to 60 percent is optimal for human health.



With proper humidification, evaporative cooling of the skin is decreased. As a result, higher thermostat setpoints can save energy (and money) while keeping occupants just as comfortable.

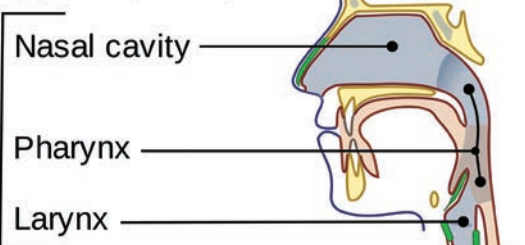


Sitting in a room with 20 percent relative humidity, the average person becomes clinically dehydrated in eight hours. In addition to external irritation, dehydration also impairs brain performance.

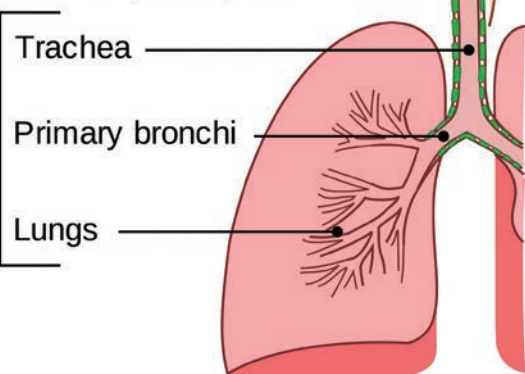


A healthy level of relative humidity increases the effectiveness of cleaning. It decreases surface recontamination from the resettling of infectious aerosols.

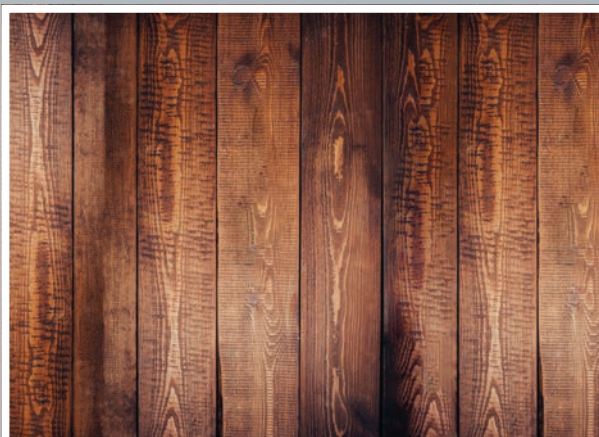
Upper respiratory tract



Lower respiratory tract



Proper indoor humidity maintains lining of the upper and lower respiratory tract, which helps to avoid illness.



Benefits of adequate humidity extend beyond personal health. It also protects hardwood floors from avoidable damage.



Homeowners will preserve the performance and lifespan of their systems by enlisting a professional for recommended care, always starting with shutting off power prior to maintenance. PHOTO COURTESY OF DERRICK NOH, CC BY 2.0

Health-related items via Dr. Stephanie Taylor, CEO of Taylor Healthcare Commissioning Inc. After working as a physician for many decades, Dr. Taylor obtained a master's degree in architecture as well as an infection control certification. Dr. Taylor is a graduate of Harvard Medical School (MD) and Norwich University. She has numerous research publications in nature, science, and other peer-reviewed journals and writes an IAQ column for Engineered Systems. Additional info courtesy General Filters and Lennox.