

# HEALTHY FAMILY HAPPY FAMILY

healthy news & information for you & your family

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## Cold and Flu-Proof Baby & Kids this Fall, Winter Season with Guardian Technologies® Home Environment Products

It's 3 a.m. and the sounds of coughing, sniffing and crying are suddenly echoing through the monitor on your nightstand. It's inevitable; it's winter. Parents dread those times when their children are sick - sleepless nights, that helpless feeling of not knowing what is wrong and the countless things you'll do to make them feel better.

Winter - with its dry air, freezing temperatures and cold and flu 'bugs' - can wreak havoc on the family, especially children and babies. The lack of humidity in the air can not only dry out skin, but also the lining of the nostrils, making them more susceptible to viruses and germs.

Sadly, you can't block the allergens, germs and other viruses that can make your child feel under the weather, but you can take measures to help them feel a bit better.

For example, running a humidifier, especially at night, can increase the amount of moisture in the air, as well as help to relieve coughing and loosen the congestion associated with many colds and flu viruses.

Guardian Technologies™ pureguardian® line-up of ultrasonic humidifiers offer a variety of warm and cool mist, ultra-quiet humidifiers that are ideal to run while you're sleeping:



H1000



H1500

1. At 8-inches tall, the **H1000 Table Top Humidifier** is small and compact, allowing it to be tucked away in the nursery, or easily packed for family trips. It is built with an 875mL tank capacity, so it runs continuously for up to 8-hours - providing relief throughout the night!

2. The **H1500 55-Hour Ultrasonic Humidifier** is designed with a 1.2 gallon water tank, which allows it to run for up to 55-hours on just one fill-up (a low water indicator light tells you when it's time to refill the tank). The unit's variable spray control makes it handy for large or small rooms. Additionally, the H1500 provides the option for warm or cool humidification, as well as a soft glow night light that turns on and off.

Both humidifiers use **Silver Clean™ technology** embedded in the tank to fight the growth of mold and mildew on the surface of the water tank. And, because they don't require filters, evaporating pads or wicks to clean and replace, there are no added costs, leaving more dollars for diapers, new clothes and the college fund!

For more information or to view the full-line of pureguardian humidifiers visit: [www.guardiantechnologies.com](http://www.guardiantechnologies.com).

## Cold & Flu: Important Facts

- There are **more than 200 different viruses that cause the common cold** - babies and children develop immunity to them one at a time.
- Most children average between **6 to 10 colds per year**. (And up to 12 if they are in daycare/school!)
- Yearly flu vaccination should **begin in September**, or as soon as the vaccine is available and continue through flu season.
- Within the first year of life, **most babies have up to 7 colds**.
- While flu season **begins in October**, most of the time seasonal flu activity **peaks in January or February**.
- **A cool mist humidifier can be especially helpful** for kids that have croup. The term croup is used to describe a respiratory illness in children under 6.

## 'FEEL BETTER' METHODS

### Babies prone to heat rash and eczema flare-ups in the winter.

Caused by the extra layers of clothing. If heat rash/eczema signs appear begin running a humidifier. Humidifier/moisture will soothe symptoms.

### As soon as a runny nose starts turn the humidifier or vaporizer on.

Keep a humidifier or vaporizer running in child's room to keep nasal passages moist. Also loosens congestion; makes throat feel better.

### Keep infant and children's ibuprofen and acetaminophen on hand.

And know the correct dosage in case fever strikes late at night!

### Use a saline nasal wash or spray.

Another way to keep nasal passages moist and help to unplug noses!

### Lots of fluids!

Fevers, diarrhea and vomiting cause the body to lose electrolytes and fluids. Drinking lots of fluids helps to prevent dehydration.