Cool Mist Vaporizers

Vaporizers may help relieve the symptoms of a cough and cold. By adding water to the air, mucus may become thinner and less sticky. This makes it easier to breathe and cough up secretions. Vaporizers have not been proven to show they help with colds. You should not use a vaporizer if you are allergic to mold.

Cool mist vaporizers do not cause serious burns like hot mist vaporizers ("steamers").

FOLLOW THESE INSTRUCTIONS IF YOU ARE USING A VAPORIZER:

- Follow the package instructions for your vaporizer.
- Use a vaporizer that holds a large volume of water (1 and 1/2 to 2 gallons [5.7 to 7.5 liters]).
- Do not use anything other than distilled water in the vaporizer.
- Do not run the vaporizer all of the time. This can cause mold or bacteria to grow in the vaporizer.
- Clean the vaporizer after each time you use it.
- Clean and dry the vaporizer well before you store it.
- Stop using a vaporizer if you develop worsening respiratory symptoms.

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