**Don't give germs or viruses a chance**

**The right humidifiers provide healthy air free of germs**

**The risk of cold and flu increases as temperatures drop. Interiors have to be heated, drying out the air and allowing viruses and other harmful particles to remain suspended in the air longer. Humidifiers provide optimal humidity and relief for your sinuses while reducing the number of pathogens in the air. The right humidifier systems also eliminate germs in the appliance itself. And they use a reliable maintenance indicator or automated cleaning mode to ensure the appliances always remain clean and hygienic.**

Temperatures outside are dropping. Little by little, nature is falling into its winter slumber. We get cozy inside, enjoy the warmth in our heated rooms and maybe even sit by the fireside.

**Harmful particles**

But while the temperature drops outside, the risk of cold and flu increases inside. We live and work in heated, usually enclosed, spaces during the winter months – places where it is easier for germs to spread. A study by the German Institute for Occupational Safety and Health found that the germs from a single sneeze can travel up to 40 meters (130 feet). And in dry indoor air germs and harmful particles can remain suspended in the air for long periods. This increases the risk of cold and flu.

**Lowering the risk of cold and flu naturally**

It is important that we protect ourselves against cold and flu now during winter; one way to do so is through optimal humidity. A relative humidity level of 40 to 60 percent (recommended by professionals) naturally lowers the risk of cold and flu. This lowers the number of particles in the air to a minimum as shown by the study "High Humidity Leads to Loss of Infectious Influenza Virus from Simulated Coughs" conducted by the University of Illinois at Chicago.[[1]](#footnote-1)

Highly efficient humidifiers increase the level of humidity to this ideal level of 40 to 60 percent indoors. This loads down the harmful particles with additional moisture from the air and they drop to the ground. The particles no longer move at face level as a result, significantly reducing the risk of infection, catching a cold or getting the flu.

**Individual humidifier systems**

High-quality humidifier systems such as HYBRID, Air Washers, Ultrasonic, Steamer and Evaporators are hygienically safe and meet individual customer needs. The basic requirement for any humidifier is regular thorough cleaning. In order to avoid skipping any cleaning, some BONECO Humidifiers feature an automated cleaning mode while others have a reliable maintenance indicator.

Choosing the right humidifier system is critical. It is therefore important to receive consultation and full information. The experts at BONECO would be happy to advise interested customers in their choice of the right appliance.

Professional Air Treatment Solutions ensure healthy air. They help us feel healthy naturally so that we can enjoy the winter indoors in comfort.

**About BONECO**

BONECO AG is part of PLASTON Group, a Swiss company with a rich history. The company is headquartered in Switzerland and has production and sales locations in Switzerland, Czech Republic, the United States and China. BONECO AG is the international leading manufacturer of premium Air Treatment Solutions. BONECO healthy air stand for excellent quality, innovative solutions, expertise and an immeasurable wealth of experience going back over more than 60 years.

**Additional information at:**

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1. http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0057485 [↑](#footnote-ref-1)