



**HUMIDIFLYER™**  
Just Plane Healthy™

# Personal In Flight Humidifier Instructions

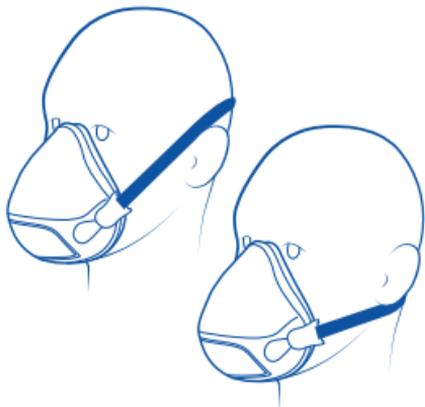
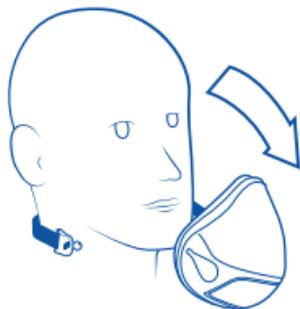
[www.humidiflyer.com](http://www.humidiflyer.com)



## HOW IT WORKS

The HumidiFlyer captures the humidity in your breath each time you exhale. The humidity is trapped in the filter and it is that humidity which is used to humidify the dry cabin air that you are breathing in. Simple recycling....

The mask has an adjustable elastic headband. The left side clip of the headband is permanently attached to the mask and cannot be removed. The right clip is easily removed from its socket so that you can effortlessly put the mask on and take it off again without having to pull the mask over your head.



You may place the headband either over or under your ear for whichever is more comfortable for you.



Use the buckle to adjust the headband for a comfortable, but not tight, fit. Relax and breathe normally and the mask will start to provide you with your own humidified air.

Tip: Make adjustments to your mask before the flight.

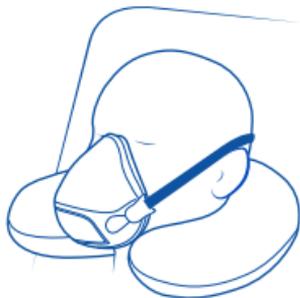
#### TIPS FOR HEALTHY FLYING

1: Drink plenty of water and avoid too much tea, coffee and alcohol as they dehydrate the body.

2: Exercise your limbs and neck periodically, even when seated.

3: Rest and sleep as much as possible and don't over eat.

Use the HumidiFlyer for as much of the flight time as possible. Very little benefit would be achieved if used for 1 hour on an 8 hour flight. Satisfied travellers report that the unit is so comfortable compared to the normal aircraft environment, that they use it constantly.





At the end of your flight you should completely wash out the mask and filter. Use warm soapy water and rinse well. The filter will nearly double in size when wet and will return to normal size when dry. Once cleaned and dried, the unit should be stored in the mesh carry bag.

As all HumidiFlyers look the same you may wish to put your name or initials on the inside of the white elastic headband.



Do not wash with very hot water  
Do not put in a dishwasher or washing machine  
Do not put in a dryer or microwave  
Do not use bleach

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Invented and developed in Australia by ex Air New Zealand International Flight Attendant Paul Aberhart  
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