

Preventive tips to keep you healthy... from New London Hospital.

Home Health Care Tips part 2

More of your health care takes place in your home than anywhere else. Having the right tools, medicines, supplies, and information on hand will improve the quality of your self-care. Here are some self-care tools to consider having in your home.



Humidifier and Vaporizer

Humidifiers and vaporizers add moisture to the air, making it less drying to your mouth, throat, and nose. A humidifier produces a cool mist, and a vaporizer puts out hot steam.

Cool mist from a humidifier may be more comfortable to breathe than hot steam. However, humidifiers are noisy, produce particles that may be irritating to some people, and need to be cleaned and disinfected regularly. This is especially important for people who have mold allergies.

A vaporizer's hot steam does not contain any irritating particles, and you can add medications recommended by your healthcare provider to ease breathing. Steam may feel good when you have a cold, but the hot water can burn anyone who overturns it or gets too close to the vaporizer.

Medicine Spoon

Medicine spoons are transparent tubes with marks that indicate typical dosage amounts, making it easy to give the right dose of liquid medicine. While the spoons are convenient for anyone, they are particularly helpful for people who have young children. The tube shape and large lip get most of the medication into a child's mouth without spilling. Buy one at your local pharmacy.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: National Institutes of Health
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