

NEVER SEEN, OFTEN MIST



TEST THE HUMIDITY LEVEL IN YOUR HOME

Humidity is the amount of water vapor floating in the air. These tiny invisible droplets keep your nose moist and your skin from getting dry. The right amount of humidity can help prevent you from catching colds and other viruses, too.

THE ICE CUBE TEST

Does your home have the right amount of humidity? You can check by doing the ice cube test.

1. Place three ice cubes in a glass, add tap water and stir.
2. Wait four minutes.
3. Look closely at the outside of the glass for moisture (like when a bathroom mirror fogs up after taking a shower).

YOUR ANALYSIS

QUESTIONS

1. Are there drops of water on the side of the glass?
2. Is there only fog on the outside?
3. Did moisture not form on the outside of the glass?

HUMIDITY LEVEL

- HIGH
 JUST RIGHT
 TOO DRY

NOTE: Do not do this test in the kitchen or the bathroom where the air is already moist because of steam from cooking or taking showers.

HOW TO INCREASE HUMIDITY

Is your indoor humidity too low? You can use a humidifier to increase it. Or place vases filled with water on sunny windowsills. (The sunshine will slowly evaporate the water, releasing moisture into the air.) You also can ask a grown-up to heat a kettle of water on the stove for steam.