

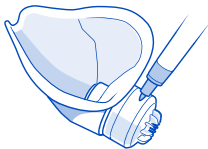


HUMIDIFLYER
Just Plane Healthy

Personal in flight humidifier instructions

www.humidiflyer.com





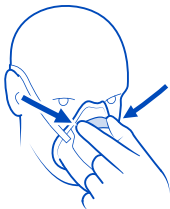
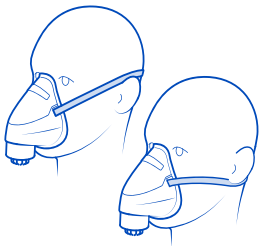
If you are travelling with a partner or in a group, please put your name or initials on the white oval at the back of the filter.

DO NOT SHARE THE HUMIDIFLYER!

HOW IT WORKS

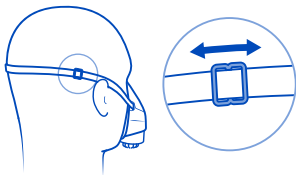
The HumidiFlyer captures the humidity in your breath each time you exhale. The humidity is trapped in the filter and it is that humidity which is used to humidify the dry cabin air that you are breathing in. Simple recycling....

Place the HumidiFlyer mask on your face and slip the headband around the back of your head. You may place the elastic either over or under the ear, whichever is more comfortable for you.



The metal band on the mask can be used to secure a comfortable fit on the bridge of the nose.

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.

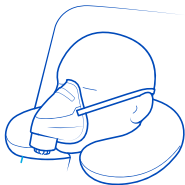


Use the HumidiFlyer for as much of the flight time as possible. Very little benefit would be achieved if used for 1 hour on an 8 hour flight. Satisfied travellers report that the unit is so comfortable compared to the normal aircraft environment, that they use it constantly.

The unit is reusable over many flights and will last up to 100 hours.

SOME TIPS FOR HEALTHY FLYING

- 1: Drink plenty of water and avoid too much tea, coffee & alcohol as they dehydrate your body.
- 2: Exercise your limbs and neck periodically, even when seated.
- 3: Rest & sleep as much as possible and don't over eat.



At the end of your flight if you are able, dry the inside of the mask. Place the mask back into the mesh carry bag. The mesh bag is essential to allow the unit to completely dry out. It is best to leave the bag in the open air before packing it away.

Should you wish to clean the mask, hold the unit upside down by the filter and wash the mask with warm soapy water, rinse, and dry thoroughly before placing back into the mesh carry bag.

Warning: Do not use HOT water as it may shrink the mask.



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

HumidiFlyer is a registered trademark of HumidiFlyer Technologies Pty Ltd.