

DOS AND DON'TS WHEN USING STEAM INHALERS



DOS

Follow the user instructions provided by the manufacturer.



Use distilled or sterile water in the inhaler to reduce the risk of infection.



Clean the inhaler according to the manufacturer's instructions to prevent bacteria and mold growth.



Use the inhaler as directed by a healthcare provider to treat specific respiratory conditions.



DON'TS

Don't use a steam inhaler for more than 10-15 minutes at a time, as this can cause overheating and burns.



Don't use it if you have a fever, as it can cause sweating and dehydration.



Don't use it if you have high blood pressure, as heat and steam can cause a sudden increase in blood pressure.



Don't use it if you are pregnant unless directed by a healthcare provider.

