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Subject: Humidifier?

Posted by [Pioneer](#) on Tue, 18 Nov 2014 19:01:24 GMT

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I've never had an issue with allergies or sinus problems stemming from seasonal changes before, but we've had a cold front come through that I think has also dried our normally humid air. My throat hurts, nostrils are burning and I can even feel reflected pain in my ears. (I have no fever though.) Would a humidifier help?

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Subject: Re: Humidifier?

Posted by [audiophile88](#) on Sun, 04 Jan 2015 02:25:01 GMT

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I think a humidifier probably would help you. I sleep with a humidifier on in our bedroom every night all through the winter and it really helps comfort-wise, even if you aren't sick.

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Subject: Re: Humidifier?

Posted by [gofar99](#) on Mon, 05 Jan 2015 02:58:11 GMT

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Hi, It might. We used to use one here (high country in Arizona) and it seemed to help in the winter. Humidity outside drops to the single digits fairly often. Now we just keep the house closed up even if it is nice outside and the humidity stays between 25-35%. In the summer of course here it goes just the other way with humidity going over 80% many days. The biggest problem with humidifiers is they need to be filled. Ours always ran dry (down about 8.5 gallons each day)and we forgot to fill it.

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Subject: Re: Humidifier?

Posted by [Round2](#) on Wed, 18 Feb 2015 11:18:34 GMT

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We have to use a humidifier every winter since it's always so dry in the house. It will help with your dry sinus and throat. Drink enough water too, your body probably needs it.

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