

The secret to using a safe fan for children in winter

The use of heating fans or oil heaters in winter is essential for families with young children or the elderly. However, there are a few things to consider when using to ensure the health of each family member.

A heating fan or an oil heater is a device that many families choose to use, without the condition of buying a 2-way conditioner. For families with young children or the elderly, this device is even more necessary. Bring warm air, heating devices will help family members avoid winter diseases. However, some attention is required when using a fan with a family with young children.

1. Adjust heating fan temperature 20 - 25 degrees C:

Conventional heating fans will not affect your child's health. For families with small children, care about the temperature when turning on the fan. We should not leave the fan at a large level, so much heat will cause the baby's skin to be dry, the temperature is suitable for babies from **20-25 degrees Celsius** .



Besides, many families think when using a fan, if closed, it will cause dry skin. In fact, when the humidity is closed, the humidity will be higher than the outside, because there is always evaporation in the house. But when closed, the temperature will increase faster than the rate of evaporation, so it feels like the skin is dry. Therefore, if using a heater for children **need to combine with humidifier** .

When using heating equipment during the cold days, we should limit the temperature to too high, the difference is too high to the outdoor temperature to avoid sudden cold when walking out of the room. If you don't have a dehumidifier, you can also use the water tank to keep in the room when using a heater.



2. How to use a fan for baby safety:

1. In a family with babies, before putting babies to sleep, turn on the fan before 5 -10 minutes to allow the fan time to radiate heat throughout the room.
2. The safe distance to use a fan is about 1.5 to 2 meters from the bed or from a person.
3. After the baby sleeps for 1 hour, she should open the door to circulate air because the heating fan makes oxygen in the room. To prevent dry skin, apply a lotion, moisturize the face, and limbs.
4. The fan must be very stable, ensuring that it will not be tilted, causing danger to the baby.
5. Excessive heaters should not be used but there must be time off for room air to be recreated. At this time, all doors should be opened so that the air is ventilated and the old dry hot air is replaced by new air. Doing so will significantly reduce respiratory diseases due to the use of heaters.



1. Do not use heaters in areas with overflows.
2. Do not let the device work when leaving the room to save power while ensuring safety for the whole family.
3. Do not use heaters to heat an entire room, most effectively heating a small space like a bed. Do not turn on or turn off suddenly and leave the fan in large mode.



The use of heating fans is essential in the winter. But for families with young children or the elderly, it is necessary to be careful, from the location of the fan, how far the fan is placed to adjust the temperature. A fan should not be used for too long, causing harm to the skin and possibly other conditions.

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