

Care and Cleaning

CAUTION: Always disconnect the plug from the electrical outlet and let the Steam Inhaler cool down for at least 20 minutes before cleaning.

After Each Use

1. Remove Inhaler Hood and Vent Assembly and wipe dry with a clean cloth or paper towel.
2. If any water is left in the Water Reservoir, pour water out and wipe Reservoir and Base with a dry, clean cloth or paper towel. **Never immerse the Base in water or other liquid.**
3. Replace Vent Assembly and Inhaler Hood; store in a cool dry place.

Weekly Maintenance

If your Personal Steam Inhaler is used ten or more times a week or scale builds up in the Water Reservoir, follow these additional cleaning instructions:

1. Remove Inhaler Hood and Vent Assembly.
2. Pour two ounces of undiluted white vinegar into the Water Reservoir and let sit for 10 minutes.
3. Empty the white vinegar and rinse out Water Reservoir with fresh, clean tap water.
4. Dry the Water Reservoir and Base with a clean cloth or paper towel.
5. Wash Inhaler Hood with mild soap and warm water then carefully rinse off all soap with fresh, clean tap water.
6. Dry the Inhaler Hood with a clean cloth or paper towel.
7. Replace Vent Assembly and Inhaler Hood. Store in a cool, dry place.

After Long Periods of Non-Use

If you haven't used your Personal Steam Inhaler for two weeks or longer, follow the *Weekly Maintenance Instructions* before the next use.

Important Note for Overseas Travelers

The Personal Steam Inhaler is compact. You can take it anywhere you go, even when traveling overseas. In fact, a change in your travel environment can often trigger just the type of respiratory ailments that the Personal Steam Inhaler is designed to help relieve.

For travel, the Personal Steam Inhaler has a dual voltage feature which automatically adjusts to the electrical supply from 120 volts to the 240 volt current found in many countries. You may, however, need a plug adapter in some countries. Your local luggage or hardware store can help you choose the right plug adapter for your travels or call our Consumer Service Department at 800-477-0457 to order a Plug Adapter Kit. This kit includes five adapters for worldwide use and a cloth storage/travel bag. Order model # M-200 for \$9.99 plus \$3.00 postage and handling.

One Year Limited Warranty

Your Personal Steam Inhaler is warranted against defective materials or workmanship for one year from date of purchase. Any defective part will be replaced at no charge if it has not been tampered with and appliance has been used according to our printed directions. This warranty gives you specific legal rights, as well as other rights which may vary from state to state.

If you experience unsatisfactory operation, please call the Kaz Consumer Service Department at (800) 477-0457, or write to Kaz, Steam Inhaler Service Dept., One Vapor Trail, Hudson, NY 12534, explaining just how the inhaler is operating. Our Consumer Service Representative will advise you how to correct the problem yourself, or will ask you to return the Steam Inhaler for repair or replacement.

Congratulations!

Your new Personal Steam Inhaler provides all of the benefits of steam inhalation therapy at home, at the office or when traveling.

Doctors recommend vapor therapy for symptomatic relief of colds, flu, bronchitis, sinusitis, laryngitis and allergies. The Personal Steam Inhaler provides a steady flow of warm moist air directly to the nose and throat for quick relief of nasal, sinus and chest congestion, coughs and parched throat.

Why steam inhalation therapy works

Breathing warm, moist air (natural steam) provides immediate relief by lessening mucus production, nasal congestion, coughing, sore throat discomfort and headache pain.

— *Prevention Magazine 12/89*

The National Institute of Allergies and Infectious Diseases recommends inhaling steam to lessen discomfort and provide quicker relief for sinusitis and allergies.

— *U.S. Department of Health and Human Services, Pub. No. 83-540*

How the Personal Steam Inhaler helps

Use your Steam Inhaler for five to fifteen minutes, two or three times a day while symptoms persist. Inhaling steam provides natural therapy. No medication, Vicks® VapoSteam® or Kaz Inhalant should be added directly to the water reservoir of the steam inhaler.

Kaz Inhalant Pads

Try Kaz inhalant pads with your Personal Steam Inhaler. These pads are designed to work with your inhaler to provide soothing menthol and eucalyptus vapors while the steam relieves upper respiratory congestion. Kaz inhalant pads are available where Kaz or Vicks® Personal Steam Inhalers are sold, or directly from Kaz at (800) 477-0457.

To maintain a healthful level of room humidity, the use of a Kaz or Vicks® humidifier or vaporizer is recommended to complement your use of the Personal Steam Inhaler.

Accessories

By ordering these special accessories, your Personal Steam Inhaler becomes even more useful:

Kaz Inhalant Pads

Kaz Inhalant Pads are designed to work with your Inhaler to provide soothing menthol and eucalyptus vapors that complement the benefits of vapor therapy. Package of six. \$6.99 /pk

Leatherette Storage/Travel Bag

The attractive leatherette bag has a pull-string closure. It allows you to conveniently store, pack and travel with your Personal Steam Inhaler. \$9.99 each

NOTE: Add \$3.00 per order for postage and handling. New York State residents please add applicable sales tax.

To Order:

By Phone • Call toll-free by dialing (800) 477-0457. Please have your credit card handy for payment. We accept Visa and MasterCard. Minimum credit card order is \$10.00.

By Fax • Fax your order to Kaz Consumer Service Orders at (518) 828-2015. Please specify Visa or MasterCard, card number and expiration date, and sign your order. Minimum credit card order is \$10.00.

By Mail • Mail your order to Kaz Consumer Service Orders, One Vapor Trail, Hudson, NY 12534. Please clearly print your name, mailing address, and products ordered. Enclose check or money order (no cash, please).

Via The Internet • E-mail us at consumer.service@kaz.com. Be sure to include your name, mailing address and products ordered. Please specify Visa or MasterCard, card number and expiration date, and sign your order. Minimum credit card order is \$10.00.

Manufactured by Kaz, Incorporated, Hudson, NY 12534 USA
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The Procter & Gamble Company, Cincinnati, OH 45202.

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kaz

Steam Inhaler Service Department
KAZ, INCORPORATED
One Vapor Trail, Hudson, NY 12534

Manufacturing Quality Healthcare Products for Over 70 Years

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Personal Steam Inhaler

Use and Care Manual

IMPORTANT!
READ AND
SAVE THESE
INSTRUCTIONS

- ▶ Controlled, concentrated vapor therapy
- ▶ Compact, weighs less than one pound, perfect for home, office and travel

If you have any questions about the operation of your Personal Steam Inhaler, call our toll-free Consumer Service Line at 800 477-0457



kaz

Manufacturing Quality Healthcare Products for Over 70 Years

Important Safety Instructions

READ ALL INSTRUCTIONS BEFORE USING, ESPECIALLY THESE BASIC SAFETY PRECAUTIONS:

WARNING: To avoid electric shock hazard:

1. Appliance should always be unplugged and emptied when not in operation or while being cleaned.
2. Do not use while bathing.
3. Do not immerse in water or other liquid. Do not overfill.
4. Do not use or store appliance where it may fall into tub or sink. Do not reach for any appliance that has fallen into water. Unplug immediately.
5. This product has a polarized plug as a safety feature. This plug will fit into a polarized outlet only one way. If the plug does not fit, reverse it; if the plug still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.
6. Do not use with an extension cord.
7. Unplug appliance immediately after use.

WARNING: To avoid the risk of burns, electric shock, fire or other injury:

1. Keep out of reach of children. Provide constant close supervision when appliance is used by invalids.
2. Use appliance only as described in this manual and only with attachments supplied or recommended by Kaz. Never move or lift the steam inhaler while it is in use. It can spill boiling water if tilted or upset.
3. Never operate appliance with a damaged cord, or if appliance has been dropped or damaged.
4. Keep cord away from heated surfaces.
5. Always use appliance on a firm, level surface to ensure against tipping, which would release boiling water.
6. Do not use appliance while sleepy or drowsy.
7. Do not use in area where aerosol products are being used or where oxygen is being administered.
8. Never use the Steam Inhaler without water. **Never add any medication or inhalant liquids to the water reservoir, such as Vicks® VapoSteam or Kaz Inhalant.**

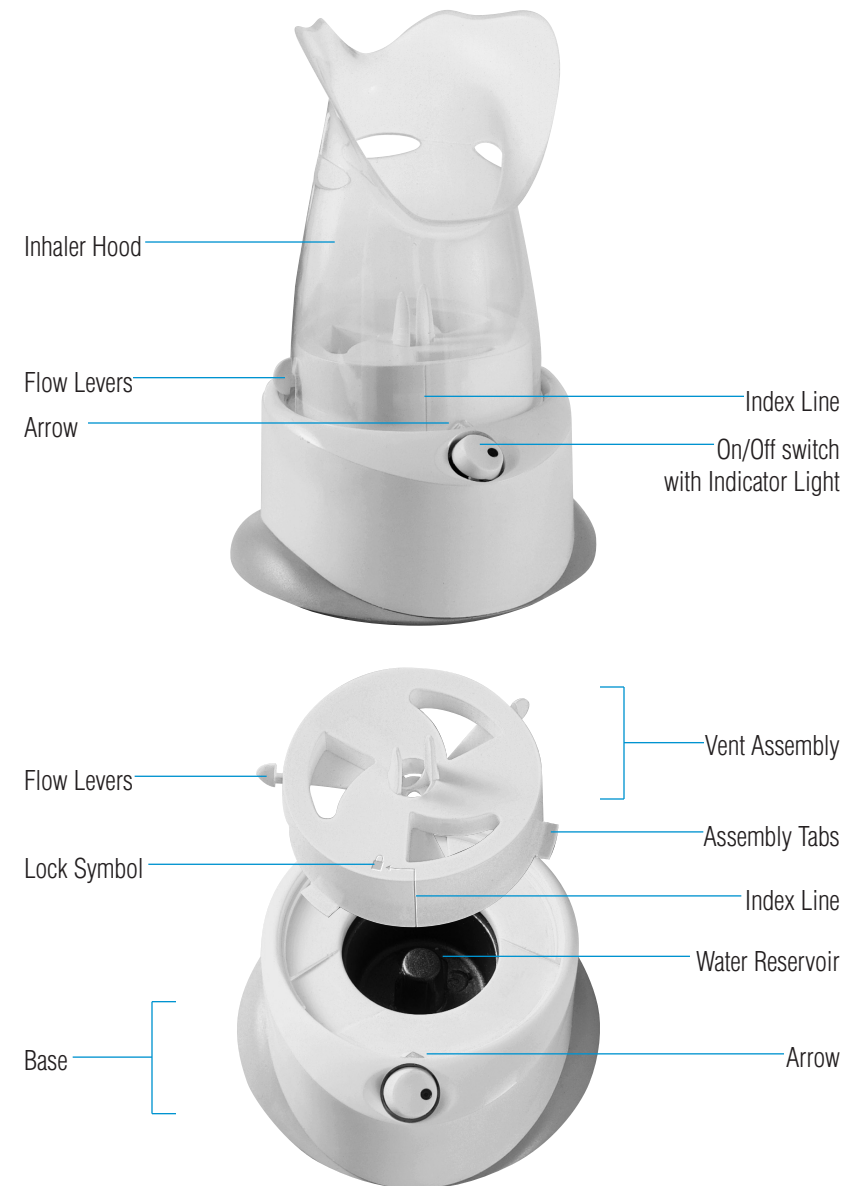
CAUTION: When using on wood surfaces, please place unit on water-resistant mat for protection.

Condition of Sale

As a condition of sale, the purchaser assumes responsibility for the proper care and use of this appliance in accordance with our printed instructions. The purchaser or user must judge for himself or herself when to use it and length of use.

SAVE THESE INSTRUCTIONS

Personal Steam Inhaler



Using Your Personal Steam Inhaler

1. Fully unravel cord. Failure to do so could cause overheating and possible fire hazard. Do not use with extension cords. Place inhaler on a flat, stable surface for use.

2. Remove Inhaler Hood.



3. Turn the Vent Assembly counterclockwise until the Index Line is aligned with the Arrow on the top of the Base (just above the Switch). Note how the Tabs align with the slots in the Base. Lift the Vent Assembly straight up to remove it.



4. Using tap water, fill the Water Reservoir to just below the cup rim. Do not overfill. Use with water only. **Do not add any medication or inhalant liquids, such as Vicks® VapoSteam or Kaz Inhalant, to the water reservoir. An unsafe condition may result if anything is added to the water.**



5. Replace the Vent Assembly. Align the Index Line with the raised Arrow on the Base. Be sure the Tabs align with the slots on the top of the Base, then turn the Vent Assembly clockwise until it locks into place.

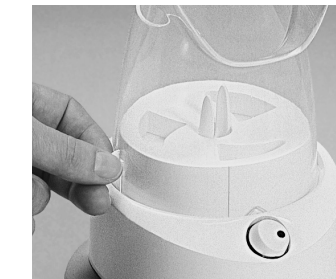


6. Replace Inhaler Hood.

7. Connect cord to electrical outlet. Do not use with extension cord. Press the On/Off Switch to the ON position. The Indicator Light will illuminate.

8. The Steam Inhaler will take approximately 3-5 minutes to begin making steam. Use caution, the water reservoir and water will become extremely hot.

9. Move the Flow Levers counterclockwise for minimum steam flow. Place your face in the hood as pictured on the cover page. Do not rest your face on the Inhaler Hood because the soft plastic may bend, allowing steam to escape or causing the Inhaler to tip over and spill boiling water. Breathe normally through your nose and mouth, inhaling steam into your nasal and throat passages. Continue treatment for five to fifteen minutes (see *How to Regulate Steam Flow and Temperature* below).



Never move or lift the Inhaler while it is in use. Steam is produced by boiling water; tilting can cause water spill and possible burns.

10. When vapor therapy treatment is completed, move On/Off switch to the OFF position. The lamp will go out. Disconnect plug from electrical outlet. Allow the Steam Inhaler to cool before moving or refilling it (see *Care and Cleaning* section). Do not operate Steam Inhaler when empty.

How to Regulate Steam Flow and Temperature

The Personal Steam Inhaler features a patented adjustable Vent Assembly which allows you to use either of the Flow Levers to control the amount of steam you inhale as well as regulate temperature.

FOR MORE STEAM:

1. Move either Vent Lever clockwise toward the "HI" setting. More steam will increase the temperature; this setting will thus feel hotter.

FOR LESS STEAM:

1. Move either Vent Lever counterclockwise for lower steam flow and temperature.
2. If the steam is still uncomfortably warm, lift your face one or two inches above the Inhaler Hood and continue to inhale.