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How to dry hydration pack tube

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Coughing is your body’s way of clearing airways of mucus as well as dust and other irritants. By itself, a cough probably isn’t a sign of a more serious health problem and will likely go away within three weeks. While you may experience a wet or chesty cough — one that brings up phlegm or otherwise feels like it’s clearing your throat — you may also experience a dry cough. These may come with a tickling sensation and don’t come with mucus. What you should take for a dry cough depends on what’s causing it. In all cases, however, if a cough — wet or dry — lasts for more than three weeks, it may be worth scheduling a visit to the doctor. While most coughs are caused by minor infections of the upper respiratory tract, in rare cases, they can be a sign of more serious problems. What Causes a Dry Cough? Coughing helps get rid of irritants and germs that have gathered in the throat. The throat and lungs are normally coated in a small amount of mucus to keep them moist and protect against germs and harmful substances. Under normal circumstances, coughing helps to redistribute that mucus to where it needs to be. Nerves in your throat, nose and lungs also let your body know when it should cough to expel irritants. The common cold, allergies to pollen or other airborne irritants, smoking and breathing in caustic fumes are common causes of a dry cough, although there are rarer culprits. A post-nasal drip — when mucus drips down the throat from the back of the nose — can cause a wet or dry cough, while bronchitis and pneumonia may start out as a dry cough before becoming a wet one. Pertussis, which is more commonly known as whooping cough, can cause severe dry coughing, although it’s most severe (and dangerous) in infants. Children are also more susceptible to croup, which causes a loud, barking cough. ACE inhibitors, a kind of prescribed medicine used to treat heart disease and high blood pressure, can also make people cough. There are also many long-lasting conditions that can cause a dry cough, including asthma, acid-reflux and chronic obstructive pulmonary disease (COPD). The latter is caused when the lungs become inflamed after frequent exposure to irritants, especially cigarette smoke. Heart failure, lung collapse, lung cancer and pulmonary embolism — when a blood clot travels from elsewhere in the body to the lungs — are life-threatening but much rarer causes of a dry cough. Strangely enough, stress can also cause coughing. What Relieves a Minor Dry Cough? While a dry cough is likely to go away with time, there are a few things you can do to help it along. By resting, you indirectly help your immune system, which in turn will help you get over the cough faster. Similarly, drinking lots of fluids If your cough is the result of exposure to chemicals or cigarette smoke, staying away from them can give your body a chance to recover. If you have hay fever, it can be difficult to get away from the pollen causing your dry cough. However, showering and changing clothes after going outside can help. Steam, such as from a humidifier or hot shower, can indirectly help with a cough by strengthening the mucus that normally catches germs and irritants. You can also treat the symptoms of a dry cough if it’s bothering you. Cough drops (also known as lozenges) can numb the back of your throat depending on their ingredients, which may ease throat irritation. Tea or lemon water mixed with honey can help reduce coughing, although even honey alone is just as effective at reducing coughing as an over-the-counter dose of dextromethorphan, a common cough suppressant. Be aware, however, that infants under the age of one should not be given honey since it can cause botulism. Medications for Dry Coughs While you can buy many kinds of medication that reduce coughing, you should take care in which ones you use and for how long, as they can end up keeping a cough around longer than if you hadn’t taken anything at all. Expectorants, such as guaifenesin, are marketed as helping to loosen and therefore expel mucus, but there’s little evidence that they’re actually effective. Similarly, while cough drops (also known as lozenges) may help with the discomfort of a cough depending on their ingredients, they haven’t been proven to reduce how often a person coughs. Nonprescription cough suppressants, such as dextromethorphan, as well as prescription suppressants, such as codeine, can reduce coughing, but that’s not always a good thing. Because coughing expels germs and redistributes mucus, it may take longer to recover if you completely prevent coughing. An inhaler can help with the symptoms of a dry cough caused by asthma. When to Go to the Doctor Dry coughs are even less likely to be dangerous than wet ones, and most clear up on their own without need for a doctor. However, if you have a dry cough as well as fever, drowsiness, headache, unusually colored mucus or trouble breathing, you should consider calling your doctor. Unusually noisy coughs that make a wheezing, barking or whooping sound should also be of particular concern. Weight loss, high fever, bloody mucus, fatigue or chest pain accompanied by a dry cough are a sign you should call your doctor right away. MORE FROM SYMPTOMFIND.COM If you’re the owner of a hydration pack, you may know that maintenance and care can be tricky - depending on the brand and model. Here’s a look how to be at ease and know you’ve always got tasty fresh source of hydration with you. Take Good Care Of Your Backpack The backpack is the heart-piece of your equipment and deserves extra attention and care. Whether you regularly brush it down, wipe it with a cloth or throw it in the washing machine, depends on how muddy and dirty you go - and on the make of your pack (pay attention to the tag, and to the care & use directions that come with your pack). Here’s general advice on how to give the pack some love and attention before a serious outing - and especially after pulling it out of storage, say after the winter months: Open all pouches and pockets, make sure the zippers are zipping just fine.Check for brittle plastic pieces and order replacements if needed.Check the seams for potential ruptures.Clean the pack inside and outside with a cloth, mild soap and warm water.Check if the backpack still fits your back properly.Then air it in a dry place until heading outdoors. One last thing: don't wait till the last minute to go over this checklist! Give yourself a few days to react and possibly get an upgrade from our line of tactical backpacks in all sizes. The heartpiece of any tactical outfit: maintenance of the Tactical Hydration Pack is key to ensure its functionality over a long time As we’re talking about tactical hydration packs, the care and use of the backpack (or any pouch or pack) is important, but any dirt is mostly a cosmetic problem. Not so with the actual water bladder: any dirt or pollution may cause a bad taste and worst case a health-issue. So here’s an in-depth look at the hydration bladder hygiene. How To Clean a Hydration Bladder How often should you clean your tactical hydration bladder? First answer: it depends on the brand. If used with regular water, SOURCE reservoirs do not require specific cleaning, drying or draining. If used with sweetened, flavored and isotonic drinks, or before extended storage, we recommend the following cleaning procedure: View Our Tactical Hydration Bladders Step 1: Clean the Reservoir Disconnect the drinking tube and remove the Widepac closure from the bladderWash the bladder with soapy, lukewarm water and scrub with a soft brush if needed; rinse well;Hang the bladder upside down and let it air-dry - do NOT use a hairdryer!Pro-tip: Place the drinking tube or a paper tissue or any other non-sharp object inside the bladder, to keep the bladder-walls apart. Step 2: Clean the Drinking Tube To clean the tube, connect it to the bladder;Open or disconnect the valve and press water through the tube by rolling up the reservoir top-down; rinse the tube with soapy, lukewarm water;To clean the tube thoroughly from residue of sweetened drinks, consider cleaning it with our Tube BrushPro-tip: To dry the tube, hold the tube by the valve and swing it a few rounds in a circle (only recommended outside with plenty of airspace). How to use your hydration pack as a fountain. Step 3: Clean the Drinking Valve After regular use with water, the valve does not need to be disassembled and cleaned; just rinse it with soapy, lukewarm water.Deep-cleaning the valve is only recommended when your valve got pushed deep into the mud or if it’s for some other reason completely messy and dirty; disassemble the Helix drinking valve as pictured below. Disassembling the Helix bite-valve - not required for periodic cleaning. How to Store Your Tactical Hydration Bladder Make sure that all components of your Hydration System are completely dry.Connect all parts (bladder, drinking hose and drinking valve).Store the Hydration System in a clean and dry place (no direct sunlight and no extreme temperatures). SOURCE Tactical Bladders - a favorite of soldiers, law enforcement, special forces and other professionals around the world. SOURCE Hydration Technologies Our tactical hydration bladders are extremely low maintenance, reliable and durable, thanks to a number of hydration technologies which SOURCE has developed over the course of the last decades. One main advantage of SOURCE bladders in comparison with market competitors is the GlassLike technology: made of multilayer Polyethylene (PE), our reservoirs are 2,000 % smoother than those made from Thermoplastic Polyurethane (TPU), which is used by most other major brands. SOURCE Hydration Packs require virtually zero maintenance. With the surface smooth as glass, biofilm and bacteria cannot build up, thus preventing any moldy taste in the water. Additionally, we have embedded an antimicrobial agent inside the multilayer film of the bladder and drinking tube - the GrungeGuard - to guarantee a fully functional bladder over years of use. View Our Tactical Hydration Packs

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