

**Provox® Life™ Protect HME is an HMEF (heat and moisture exchanger filter) with comfortable breathing resistance designed to protect you and those around you.**

### There are times when you need extra protection.

Because Protect is an HMEF, it not only heats and humidifies the air you breathe to reduce coughing and mucus production, it also filters the air to protect you from viruses, bacteria, microorganisms, dust and pollen.\* The electrostatic filter is bi-directional, which means it not only provides protection to you when you inhale, it also provides protection to others when you exhale.

- Filters over 98% of bacteria\*
- Filters over 98% of viruses\*

Protect HME is compatible with all Provox® Life™ Adhesives, LaryTube and LaryButton.

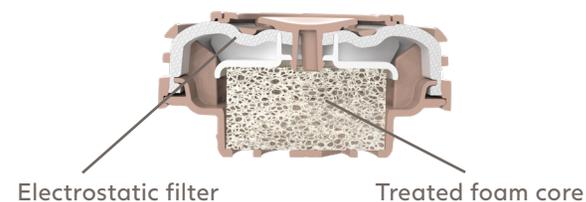
### ► When should you consider using Provox Life Protect HME?

- At healthcare appointments
- When visiting someone in the hospital or senior living facility
- During cold and flu season
- When gardening
- While traveling or in crowded places
- During allergy season or when pollen counts are high
- While visiting family or friends
- When woodworking or enjoying other particle-generating hobbies
- When in a construction area or other dusty environments
- Talk to with your clinician about your hobbies and your lifestyle to determine if there are situations where Protect could be helpful. List them below:



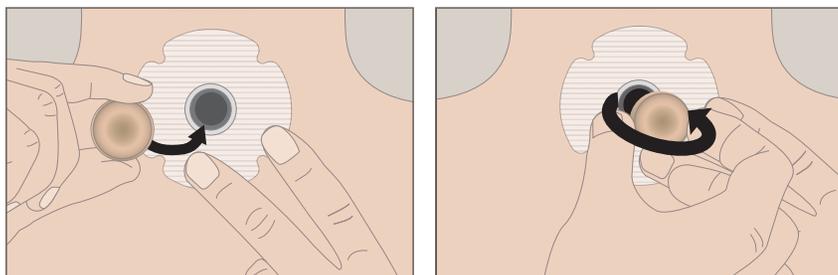
### HME Quick Facts

- HMEs are single-use devices – use each one time and dispose of it.
- An HME should not be used longer than 24 hours and is not reusable. Change your HME if it becomes clogged with mucus.
- Do not rinse the HME in water or any other solution as this will substantially reduce the function and can increase the risk of infections due to bacteria growth.
- HMEs also help keep larger particles out of your lungs, such as insects or crumbs from eating.



\*PLEASE NOTE: Since pathogens can enter and leave the human body in other ways (such as the mouth, nose, and eyes) Provox Life Protect HME can never guarantee complete protection. Provox Life Protect HME filtration capacity may vary depending on the size, shape and speed of airborne particles. Data on file.

### ► How to attach and remove Provox Life Protect HME



► **ATTACH** by using one hand to hold the Provox Life Adhesive or Provox Life LaryTube in place. With your other hand, attach your HME to the SecureFit™ coupling – the click ensures it is secure.

► **REMOVE** by using one hand to hold the Provox Life Adhesive or Provox Life LaryTube in place. Use your other hand to gently pull one side out of the SecureFit™ coupling and open it like a door.



**Tip:** Protect HME comes in individual, color-coded packs to keep it hygienic, making it easy to take Protect HME with you in case you need added filtration when you are out.

### ► Other tips for protecting your health during flu season – and everyday

- Wash your hands for at least 20 seconds with soap and warm water before caring for your stoma.
- If you have coughed and need to clean your stoma, wash your hands first. Then, clean your stoma and dispose of the tissues immediately, and wash your hands again.
- Carry hand sanitizer – at least 60% alcohol content to be effective – to be used when you are not able to wash your hands with soap and water.
- Since the best way to prevent illness is to avoid being exposed to viruses and bacteria, consider using pickup or delivery options for groceries and other common items to avoid contact with others in crowded stores. If you must go to a store, see if they have special hours for those at higher risk.
- When you need to leave the house, bring a sealable plastic bag with you to hold any dirty tissues or used products until you can dispose of them properly.
- Store your equipment and products for stoma care in a clean and hygienic separate area, such as a sealed container.
- Clean your electrolarynx regularly with a damp disinfectant wipe.



**References:** • Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)

• Coronavirus outbreak and how laryngectomy and neck breathers can prevent getting the infection. Posted by Itzhak Brook MD, 25th January 2020, [www.dribrook.blogspot.com](http://www.dribrook.blogspot.com)

**Atos Medical Inc:** 2801 South Moorland Road, New Berlin, WI 53151-3743 | +1 800 217 0025 | [info.us@atosmedical.com](mailto:info.us@atosmedical.com) | [www.atosmedical.us](http://www.atosmedical.us)

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