**USE OF STEAM ROOM OR SAUNA SHOULD NOT EXCEED 30 MINUTES.**

**EXCESSIVE EXPOSURE CAN BE HARMFUL TO HEALTH.**

**THE DEPARTMENT OF HEALTH AND MENTAL HYGIENE RECOMMENDS THAT PERSONS WHO:**

- **HAVE POOR HEALTH; OR**
- **HAVE HIGH BLOOD PRESSURE OR A HEART OR CIRCULATORY DISEASE; OR**
- **ARE USING PRESCRIPTION MEDICATION; OR**
- **ARE PREGNANT**

**NOT USE THIS FACILITY BEFORE CONSULTING THEIR PHYSICIAN.**

**PERSONS UNDER THE INFLUENCE OF ALCOHOL OR DRUGS SHOULD NOT USE THIS FACILITY.**

Wording: New York City Health Code, 24 RCNY 165.63(h). The code asks for a durable plate, permanently marked in letters at least 0.25 inch high in contrasting colors, affixed outside the sauna or steam room doors at eye level. These are over 5/8 inch, the ADA height minimum for a sign hung 40 to 70 inches up and read from within six feet. A paper print doesn't meet the code: take this file to a sign shop. SaunaNews.com