

## VENTILATING

# Enjoy living in a nice fresh home

Is there often condensation on your windows?  
Are you having problems with patches of mould?  
Does it feel humid in your home? Then your home  
is probably too damp.

Problems with damp occur mostly because of water vapour in the home. Most damp is generated by people, animals and plants resident in the home. But cooking, showering and using a tumble dryer also generate a lot of damp. It's really important to ventilate your home, to prevent problems with damp. Ventilating is not only good for your health, but also for your home and your energy consumption. We explain to you here how you can keep your home clean and fresh.

### **VENTILATION IN THE KITCHEN**

Cooking generates a lot of damp, so always run the cooker hood on high, while cooking, and leave it on for a further thirty minutes after cooking. This will extract from your home the damp air which occurs during cooking. Clean the cooker hood filter regularly, and replace it on time. This makes sure that the polluted air is extracted efficiently. It's also important to let fresh air in, by opening a window or a grid. This immediately improves ventilation.

### **VENTILATION IN THE BATHROOM**

When showering or taking a bath, set the ventilator on high, and leave it running for thirty minutes after you're finished. Also, dry off the tiles and the shower cabin or bath properly after use.

This prevents the occurrence of extra damp in the home. If there is no mechanical ventilation present in your bathroom, open the window a little while showering, and leave it open long enough after you're finished. You can also open the bathroom door to increase the circulation of the air from the mechanical ventilation or open window.

### **VENTILATION AND HEATING**

It may surprise you to know that ventilation actually gives you savings on your energy bills. New, fresh, dryer air is much easier to heat up than the damp air already present in the home. So, it's wiser to turn the mechanical ventilation up a level than it is to turn the heating thermostat up a degree. Don't forget to change the filters in your mechanical ventilation regularly, to make sure the polluted air is extracted effectively.

Don't set the thermostat any lower than 15 degrees at night, or if you are out. Air which is cooled to below 15 degrees is unable to absorb enough moisture, and so the moisture condenses on windows or walls. There will be condensation on your windows; a sure sign that you need to ventilate your home, and preferably also turn the heating up a degree. Air that is heated eliminates more damp and the dry/healthy air which remains in the home is much easier to heat. A comfortable temperature in your home is good for your health.

If you have ventilation grids in your window frames, have them open at all times. This ensures a constant supply of fresh air to your home.

#### TIPS

- Ventilate throughout the entire day;
- Ensure not only the extraction of polluted air, but also the supply of fresh air;
- It costs less energy to heat fresh air than damp or polluted air;
- Warm air can absorb more moisture than cold air;
- Where possible, dry washing outside or in a dryer;
- Run the cooker hood on high during cooking, and for a short while afterwards;
- Run the shower ventilation on high during showering, and for a short while afterwards.  
If there is no ventilator, open the window a little;
- Dry off tiles and shower cabin after use;
- Don't let the temperature in your home get lower than 15 degrees;
- Clean filters in cooker hood and mechanical ventilation regularly, and replace them on time;
- Has your home been treated with energy-saving applications?  
Bear in mind that damp and polluted air will be more difficult to eliminate than before, so mould could occur.  
Good ventilation is even more important then!

### QUESTIONS?

Have you read the folder, and you still have some questions? Please get in touch with our WoonAdvies Team, by telephone on 088 - 385 0800, or go to our website: [wonenlimburg.nl](http://wonenlimburg.nl). You could also visit one of our neighbourhood information centres.

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