

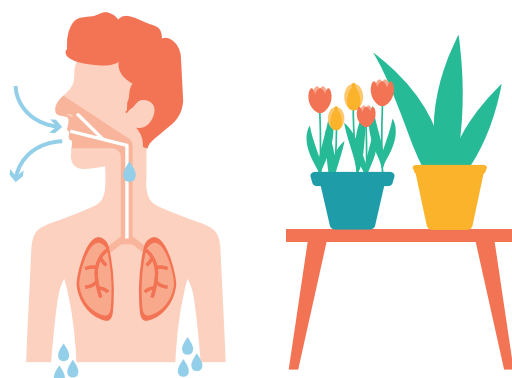
Why ventilate?

Did you know that 10 to 15 litres of moisture are released inside your home every day?

Moisture is not only generated by showering, cooking and doing laundry

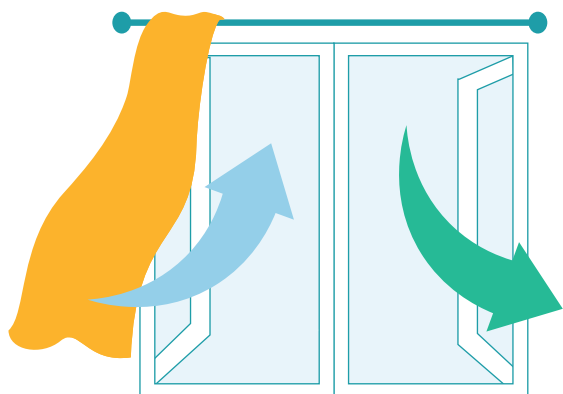


But also by breathing and sweating and from house plants



This moisture needs to leave your home

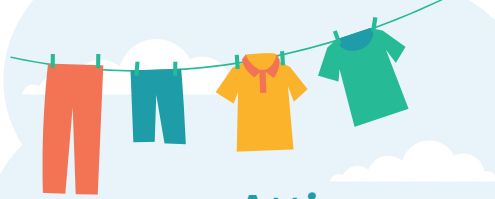
- ⊗ Because otherwise, you'll get damp spots and mould inside!
- ⊗ Mould and moisture are not healthy



**The solution:
ventilation and daily airing**

This way, moisture in the air can get out and fresh (dry) air can be let in. Then:

- ✓ You'll avoid damp spots and mould
- ✓ You'll ensure healthy air in your home



Attic

If you don't have a clothes dryer, hang your wet laundry outside as much as possible – even in the winter.

Bathroom

- Set your mechanical ventilation to the highest setting (up to an hour after showering)
- If you don't have mechanical ventilation, leave a window open for 15 to 30 minutes after showering
- Keep the bathroom door shut
- After showering, scrape the walls and floor dry with a squeegee



Bedroom

Open your window for 15 to 30 minutes after getting up



Living room

- Leave at least 5 cm between your furniture and the walls
- Do not put your sofa in front of the radiator
- Had a visitor? Ventilate the room for an extra 15 to 30 minutes



↔ 5 cm

Throughout your home

- Do you have window vents? Keep these open 24/7.
- Do you have mechanical ventilation? Keep it on the lowest setting (and higher if needed).
- Open a window for 15 to 30 minutes each day, especially in the bedroom(s) and kitchen.
- Are you home? Then set the thermostat to 18 to 20 degrees.
- Are you out or going to bed? Then set the thermostat to a minimum of 15 degrees.
- Make sure that heat from your radiators can spread into the room easily. Open the curtains and do not put your sofa in front of the radiator.

Kitchen

- Put lids on pans when cooking
- Turn your extractor fan on to the highest setting
- Do you have mechanical ventilation? Set it to at least setting 3 (and leave it on for 30 minutes after cooking)



Waard hier ben ik thuis wonen

Watch the video at www.waardwonen.nl/ventileren