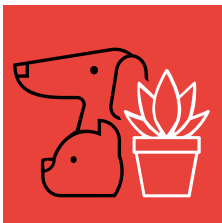


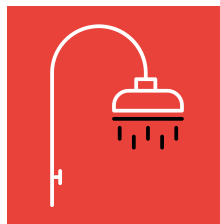


Ventilation,
important all
year round!

It may sound a bit strange, but ventilating your home is very important all year round.



Did you know that an average person produces 2.5 liters of moisture per day? And that **plants and pets** provide extra humidity in your home?



Water vapor is also released when **cooking, showering and washing dishes**. Of course, all that moist air must be able to escape. If you do not do this, you will end up with damp spots and mold in your home. Humid air is super unhealthy. And it takes a lot of energy (and therefore money!) to heat a damp house. In short, ventilation is a must!

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What can you do to keep your home damp-free and healthy? Quite a lot! Here are some tips on ventilation and heating.

Heating

Always maintain a pleasant temperature in your home. Heat wisely, but certainly **not too cold**. If it is too cold in a home, you can experience problems with **mold and moisture** because the moisture does not fully evaporate. In addition, a damp home is much more difficult to heat, which means a **higher energy bill**.



A good minimum temperature to maintain is **15 degrees Celsius at night and 19 degrees Celsius**

during the day. Set the heating to night mode an hour before you go to bed. Do you have underfloor heating? Do not set the thermostat lower, in this case a constant temperature is more energy efficient!

Ventilation



Always keep the **ventilation grilles** of your windows open, 24 hours a day, even at night.

Does your home have mechanical or balanced ventilation? Keep it running 24 hours a day!



Set the **extractor hood** or mechanical ventilation to the highest setting while **cooking**. If possible, **opening a window** in the kitchen is even a better idea. And don't forget to put the lid on the pan!



A party with **many people** also means extra humidity. So **open a window** after the visit.



Hang your laundry outside as much as possible. That's always a good idea anyway because a

dryer is one of the most energy-consuming appliances in the home. Do you still have to hang the laundry indoors? Then make sure there are enough windows open.

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