

Steadily rising energy costs and billing based on consumption many people are tempted to heat less and to open the windows less often. This rooms cool down and moisture can no longer be absorbed by the air and settles in the coldest places (mostly the walls and corners).

Therefore: Ventilate several times a day!

The following graph gives guidance on the duration of ventilation:

Months	Ventilation duration
June, July, August	25 - 30 min
May, September	15 - 20 min
April, October	12 - 15 min
March, November	8 - 10 min
December, January, February	4 - 5 min

However, a healthy indoor climate also requires that the rooms are heated accordingly. The Federal Environment Agency recommends the following temperatures for the various living spaces:

Room	temperature	thermostat level
Living & children's room	20-23 °C	4
Bathroom	20-23 °C	4
Kitchen	18-20 °C	3
Bedroom	17-20 °C	2
Toilet	16-19 °C	2
Hallway	15-18 °C	1

Only when the supplied outside air is heated, it can absorb the humidity. In winter therefore, ventilate briefly more often.

If mold spreads in the home, the spores of the mold can enter the respiratory tract and cause allergies and asthma in the long term.

At a humidity level of 60% and above, not only mold feels at home, but also mites. Allergy sufferers should take special care to keep the air humidity below 55% in order to prevent an increase in the number of allergens from multiplying.

Tips and info

- ▶ You can remove small areas of mold yourself with commercially available anti-mold agents. The chlorine agents contained destroy the spores in a very short time.
- ▶ For larger areas of infestation, please consult your customer advisor. He or she will initiate the necessary measures.

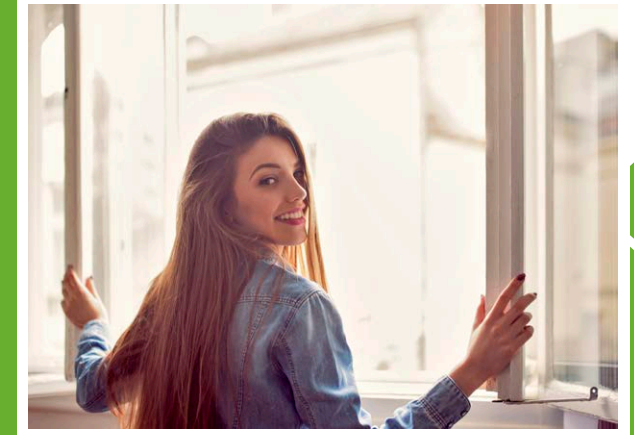
If you have any further questions on this subject, please contact us. Your customer advisor will be happy to advise you.



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Correctly
HEATING and
VENTILATING

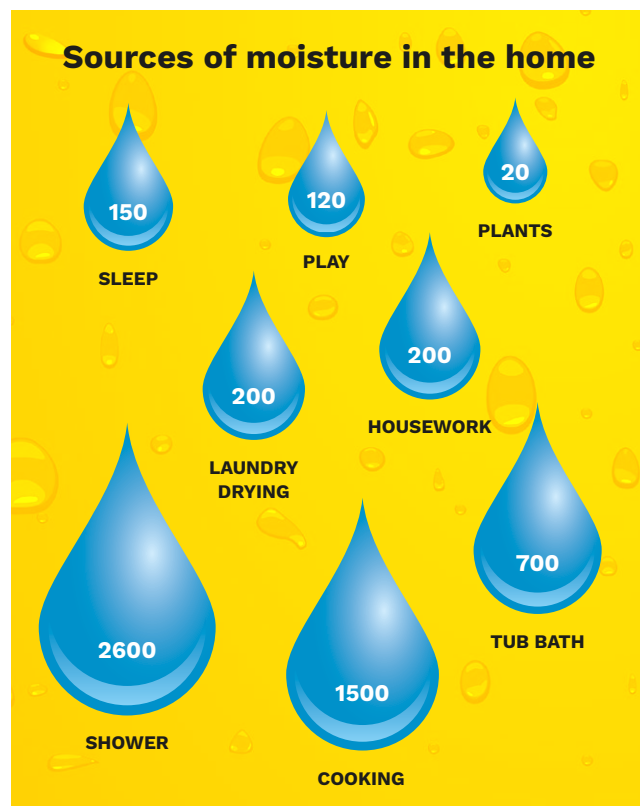
For a healthy indoor climate

How to keep your apartment dry and free from mold

Especially in the winter months the phenomenon of mold growth comes to light. Why is this so?

In order to reduce the energy consumption of buildings, facades are insulated and insulated glazing windows are installed. The disadvantage is that this reduces the continuous air exchange is severely restricted. This can only be achieved by frequently opening the windows. If the dry outside air is then heated, it absorbs the moisture, and a room climate is created in which mold is very difficult to form.

The diagram shows where the most humidity occurs in the home:



Water vapor release in grams per hour

12 tips on how you can easily prevent moisture and mold damage:

► **Ensure optimal room temperatures: 18-22°C**

► **Never turn off the heating completely when you are out of your home.**



► **Do not heat the entire apartment with only one heater!**

► **Perform a complete air change several times a day.**

► **Always open the windows completely! Shock ventilation is particularly effective.**



► **Always ventilate to the outside.**

► **Remove steam from showers, baths and cooking to the outside as quickly as possible.**

► **When drying the laundry in the apartment please ventilate more often.**

► **Ventilate even in rainy weather.**

► **If possible, place large cabinets 5-10 cm away from outer walls.**



► **Make sure that the indoor climate is healthy.**

► **Use cold days to air thoroughly your basement rooms.**

How do I achieve a healthy indoor climate?

The ideal average value for the room temperature varies between 20 and 23 degrees. For the humidity in the room lies between 40 and 60 percent.

You can keep an eye on both values in the indoor keep an eye on them. Combination devices help you here, so-called **thermo-hygrometers**, which are commercially available.

Watch out!

If the windowpanes mist up, then the air must be exchanged as quickly as possible. Condensation should always be wiped off. If this occurs frequently, then it is a sign of incorrect ventilation and heating behaviour.