

balanced ventilation

New energy-efficient homes are often fitted with balanced ventilation systems, which expel indoor air and introduce outdoor air mechanically. Unlike conventional mechanical ventilation systems, balanced ventilation systems do not require ventilation grilles. But make sure you can always open a window to quickly refresh heavily contaminated air.

Remember to clean the filters in the air supply and extraction valves on a regular basis (these filters are often washable) and replace them every few years.

keep the air in your home healthy

It sounds counterintuitive to suggest that you can allow a constant supply of (cold) fresh air to enter your home without seeing a significant increase in your energy bills. Yet it's true. This is because ventilation removes moist air and replaces it with drier air, which heats more quickly. So ensuring proper ventilation doesn't mean that you need to use far more energy. It's also better for your health!

tips

- Ventilate your home 24 hours a day
- Leave ventilation grilles and ducts open
- Ventilate your bathroom for several hours after taking a shower.
Wiping water droplets off the walls, shower curtain and floor will also help reduce humidity in your home. After showering leave the door ajar.
Also leave the radiator in the shower room on for a while.
- Leave the extractor hood on for a while after cooking.
- Leave a gap of a few centimetres between furniture and external walls so air can circulate behind the furniture.



how do I ventilate my home?

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Ventilation expels stale air and replaces it with fresh air. Effective ventilation is essential. If the air in your home is humid and stale, or even contaminated, it can cause health problems. Having plenty of fresh air in your home makes it a nicer place to live. It also makes it easier to heat. So ventilating your home will not necessarily lead to a significant increase in your energy bills. This brochure tells you how to ensure that your home is properly ventilated.

humidity

Activities such as cooking, showering, washing up and drying the laundry all increase humidity. Having a lot of people in your home also increases humidity. So does the presence of pets and plants. It is important to remove this humidity, because excessive humidity can damage your home. It can lead to patches of damp and mould and cause paint and wallpaper to peel off. If there is a musty smell, if condensation takes a long time to clear, and/or if there are patches of damp and mould, these are all signs of excessive humidity in your home. The ideal level of humidity in a home is between 40% and 70%. Ventilation ensures that humidity can escape from your home.

effective ventilation...

- prevents your home from being damaged by damp and mould
- is better for your health
- doesn't have to significantly increase your energy bills

contaminated air

All kinds of everyday activities contaminate the air in your home. People perspire and exhale carbon dioxide. Cigarette smoke, lit candles, wet paint and adhesive all give off fumes. An inefficient boiler, or one without a flue, can also release humidity and combustion gases into the air. And furniture, floor covering and building materials can exude harmful chemical gases. You can minimise the adverse effects of these substances by keeping your home well ventilated.

house dust mites

High humidity encourages the spread of mould and house dust mites, both of which can cause health problems. House dust mites are barely visible, spider-like organisms found in house dust that feed on skin scales shed by humans and animals. They thrive in damp carpets and mould growth on walls. Other favourite haunts are pillows, mattresses and cuddly toys. House dust mites cause and aggravate allergic reactions such as asthma, chronic bronchitis and lung emphysema. While it is impossible to entirely eradicate house dust mites from your home, you can prevent them from becoming a problem by keeping your home as free of dust and humidity as possible. Effective ventilation plays an important role in helping you achieve this. It is also a good idea to air bedding outdoors and flip your mattress on a regular basis.



ventilate your home 24 hours a day

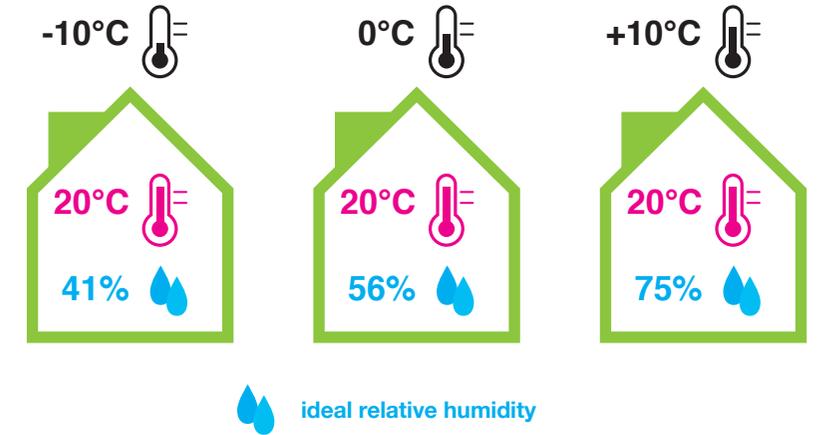
Ventilation expels stale air and fills your home with clean air. Occasionally opening a window for a while is not enough. Airing your home now and again is not the same as ventilating your home! To create a healthy indoor environment, you need to ventilate your home 24 hours a day. This is especially important in well insulated (newly built) properties, where all external openings are sealed as efficiently as possible, so less air enters the home. If you live in one of these properties make sure that a constant supply of fresh air is provided by ventilation.

how do you ventilate your home?

You do not need to leave your windows open all day long. But it is a good idea to always keep ventilation grilles open. If there are no ventilation grilles in your home, you can leave a (top-hung) window slightly ajar and install an anti-burglary device or a special lock so your home is secure. If you have a mechanical ventilation system, you should keep it on all the time.

natural ventilation

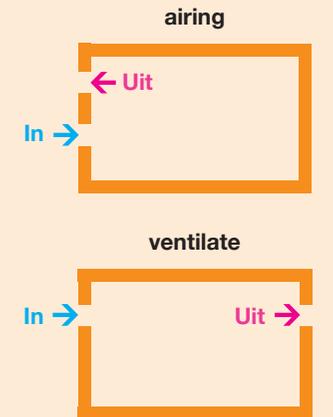
Leaving windows and ventilation grilles open allows stale air to escape and fresh air to enter naturally. Air vents in attics, kitchens and bathrooms should always be left open. The same applies to ventilation grilles in crawl spaces. It is important that the exit vent is left open 24 hours a day. This creates a constant



supply of fresh air and ensures that indoor air is continuously refreshed. Remember to clean your air vents on a regular basis.

mechanical ventilation

Many homes are equipped with a mechanical ventilation system with a rotating fan that continuously introduces fresh air. Outlet valves that discharge stale air are usually installed in the kitchen, the bathroom and the toilet. Fresh outdoor air enters the home through windows and ventilation grilles. If you have a mechanical ventilation system, it is important to ensure that ventilation grilles are always left open. Outlet valves and the ventilation unit also need to be cleaned and maintained on a regular basis. A mechanical ventilation system should be left on 24 hours a day. Switch it to a higher setting when cooking and showering and also when there are a lot of people in your home. Never switch it off entirely.



To create a healthy indoor environment, you need to ventilate your home every day. It is best to expel humidity created by activities such as cooking and drying the laundry naturally, by opening two top-hung windows opposite each other. Just opening one window will simply air the space, which takes longer.