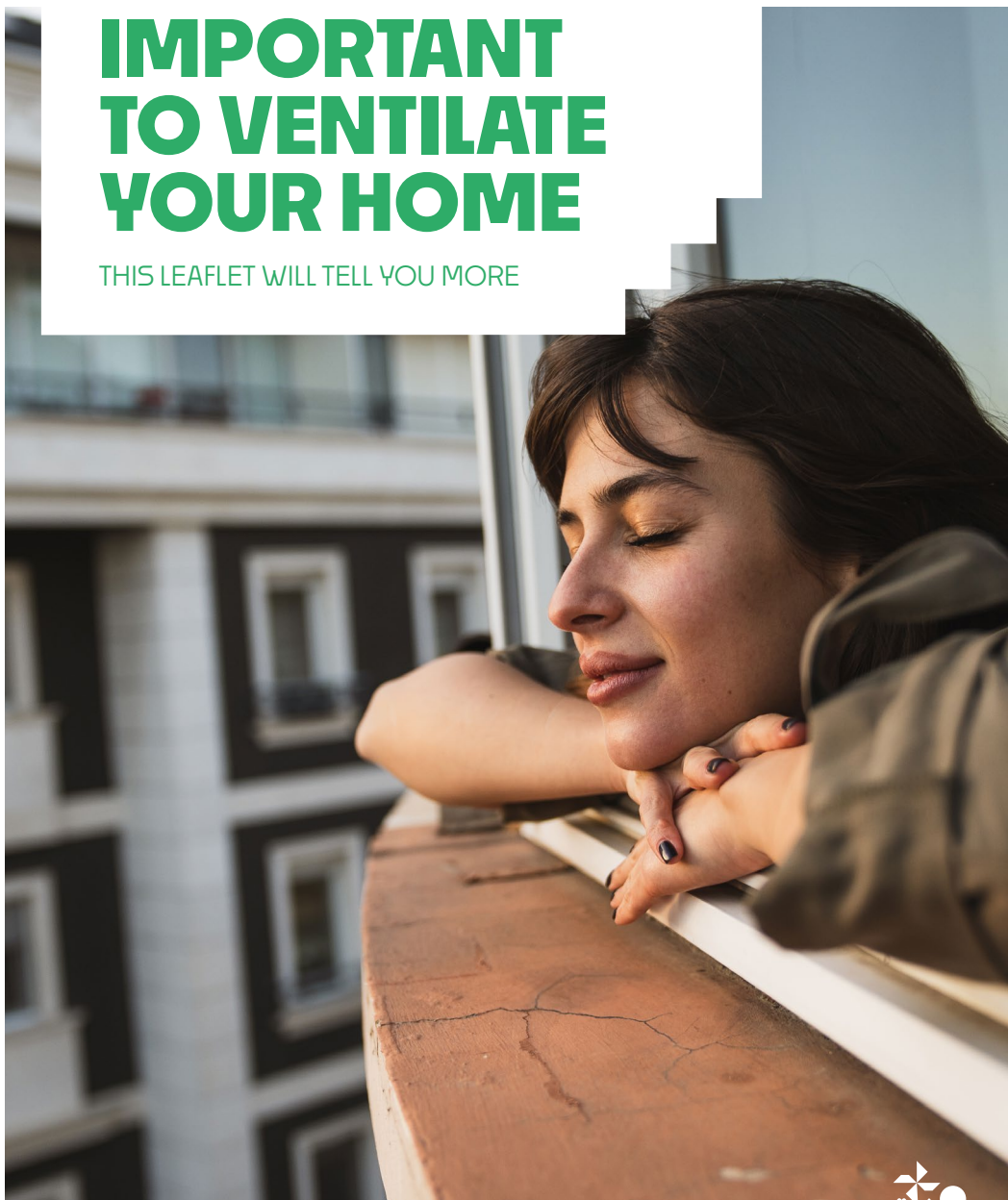


IT'S IMPORTANT TO VENTILATE YOUR HOME

THIS LEAFLET WILL TELL YOU MORE

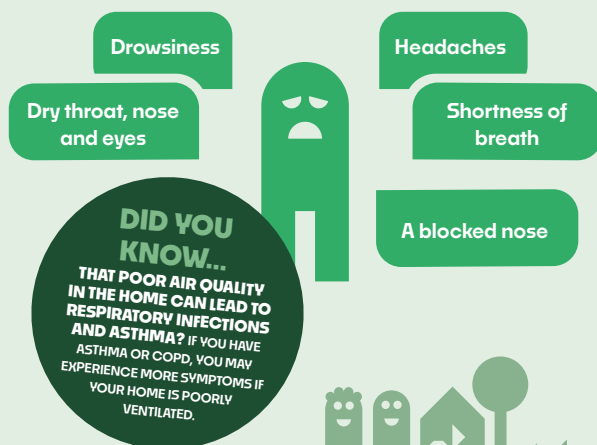


Having clean air in your home matters. Polluted air can cause headaches and breathing problems. Good ventilation is the healthy option and helps you heat your home more effectively too!

The air in your home can be polluted in all kinds of ways. We all breathe, cook, shower or dry our laundry, and fifty percent of households have someone who smokes. With that in mind, regularly getting fresh air

into your home is important. Polluted air in your home needs to be removed, and fresh air needs to come in. You can do so using vents and open windows. In older homes, cracks and crevices can help too.

NOT VENTILATING PROPERLY MAY RESULT IN THE FOLLOWING SYMPTOMS:



Natural ventilation

Old homes often have natural ventilation. Fresh air enters through vents, tilt windows, cracks and crevices. Polluted air can get out through extraction ducts in the toilet and bathroom. If your home is well insulated, you need to ventilate more actively too. You can do so by opening a window when cooking, showering, hanging laundry or when you have a lot of people around.

Mechanical ventilation

Mechanical ventilation in the kitchen, bathroom and toilet extracts (polluted) air

from the home whenever used. Living rooms and bedrooms are ventilated with clean air via vents (and sometimes tilt windows). As such, even if you have mechanical ventilation, it is important that you ever shut the vents completely, and that you keep your mechanical ventilation switched on. In newer homes, you may have air coming in through wall vents. If so, you won't have any vents in your windows. Keep the space around these vents free, even if you feel a draught. When you clean these vents, put them back in the same place.

HERE'S WHAT YOU CAN DO YOURSELF TO GET FRESH AIR INTO YOUR HOME



1

Keep the vents in your windows open (if you have them) and ever close them completely. Make sure to clean them regularly too using water and soap.

Open the windows every day (in the morning). Doing so allows humid and polluted air to escape and brings fresh air in. Keep the windows open for 15 to 20 minutes. If you have mechanical ventilation with wall vents, you don't need to do so. These vents bring in fresh air by themselves. If you want to make sure your mechanical ventilation is working, you can check by holding a sheet of toilet paper under the vent and seeing whether it sticks. Please let Woonbedrijf know if your mechanical ventilation is not working. If there is any condensation on your windows, dry your windows and frames to prevent mould.



2

Always have the extractor hood on when cooking, even when you have mechanical ventilation Leave the extractor hood switched on for 15 minutes after cooking. If you don't have an extractor hood, open a window while you are cooking. Leave that window open too for 15 minutes after cooking. You can also do so if you do have an extractor hood for even better ventilation.



3



4

Make sure there is enough space between the bottom of your doors and the floor. This matters in terms of ventilation too. Please let Woonbedrijf know if your doors sit too close to the floor.



5

Use a (simple) CO2 meter if you wish. This can show you what the air quality in your home is like. That way, you'll know when ventilate some more. If it's cold inside, don't ventilate for too long. If your home cools down too much, mould may form. A CO2 meter can help you decide when it's OK to close the windows.

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bedrijf**

WANT TO LEARN MORE ABOUT VENTILATION?

→ YOU CAN FIND SOME
GREAT TIPS ON
www.ggdleefomgeving.nl/in-huis/goed-ventileren



→ YOU CAN FIND SOME
GREAT TIPS ON
www.milieucentraal.nl/energie-besparen/ventilatie/woning-ventileren

www.wonen.steffie.nl/



Ventilating properly will also help you reduce the risk of mould in your home. In summer, keep the windows and doors closed as much as possible during the day. Instead, open them in the evening, when it starts to cool down, at opposite sides of your home. This will help you keep your home cooler.



Contact

Got a question or want to contact Woonbedrijf?
Simply fill in the contact form on www.woonbedrijf.com.
Or call us on 040 243 43 43.

