

Tips for optimum ventilation

Why is proper ventilation important?

Condensation can accumulate on windows and walls when a building cools down, especially during the winter months. The consequences of this include moisture damage, such as wallpaper peeling off or a mould infestation. The more humid the air is in a room and the less fresh air is coming in from outside, the greater the risk of condensation. Cooking, showering and doing laundry increase indoor moisture levels.

How to prevent moisture damage

- Ventilation is key! Open the windows fully three times a day (impact ventilation). Cross-ventilation (a draught) is particularly effective.
- The colder the air outside, the shorter the ventilation time required. In winter, 5–10 minutes are sufficient and in summer, the windows can be left open for longer (15–30 min.).
- Always ventilate after showering, having a bath, cooking, doing laundry or ironing, in order to let the steam out.
- Leave a few centimetres between your furniture and the wall to allow air to circulate.



What to avoid

- Do not tilt the windows during the winter months. If the windows are left tilted, the interior wall surrounding the window cools down. But warm indoor air always contains moisture and cold surfaces cannot absorb this moisture, which leads to the formation of condensation on the cold walls, window panes, frame or sealant. If surfaces are left damp for several days, it's highly likely that mould will grow on them. In addition, you let all the heat out if you constantly leave the windows open.
- During the cold winter months, ventilate for no longer than 10 minutes; otherwise, the room temperature will drop too low, which will then lead to condensation forming.
- Don't dry your laundry indoors.

Good to know

- Even when it's raining or foggy, the cold air outside is less humid than the warm air indoors, so you should ventilate in all conditions.
- Fogged up windows are a clear sign that the humidity is too high.
- The ideal room temperature is about 18°C for the bedroom and about 20°C for other rooms.
- Do not use humidifiers if your home has humidity problems.
- A hygrometer helps to measure the humidity in rooms.
- In new-build flats, additional moisture is released from the building structure during the first two years. You should therefore make sure you ventilate frequently.
- For Minergie-certified buildings with their own control unit in the flat: select the operating mode 'Normal operation' for everyday use and 'Reduced operation' while you're on holiday. Follow the instructions in the operating manual.

Report any moisture or mould problems to us immediately. Otherwise, you could be held liable for any resulting damage to the building structure.