woningstichting Barneveld

EN

Prevent moisture and mould

Follow our tips for healthy indoor air and good ventilation

It is important to keep the air inside the house fresh and healthy. This is possible with good ventilation.
It may seem wasteful to open windows or ventilation grids, especially in the winter, but this is the number one energy-saving tip – particularly in well-insulated homes. This is just as important, if not more important, for health reasons.

A considerable amount of moisture builds up inside homes every day due to sleeping, showering, cooking and other activities. This moisture needs to be removed. The better insulated the house, the more difficult it is for this moisture to disappear through cracks and holes. If moisture remains inside, mould will start to grow and this is not good for your health.

Good ventilation is also easy on your wallet. It keeps the indoor air dry and dry air is easier to heat. This way, you can heat your home more quickly and save energy. And your home will feel more comfortable. In other words, good ventilation means less heating is required.

General

- Mould Prevention:
  - Clean small mould spots with soapy water combined with baking soda.
  - For larger mould issues (larger than a magazine), contact the Woningstichting Barneveld at (0342) 427 500 or visit www.wstg-barneveld.nl.
- Avoid creating humidity, such as drying laundry indoors or having lots of plants in the home.
- Ensure good ventilation, especially with mechanical ventilation, which should be kept on at all times.

Below are a number of tips for healthy indoor air and good ventilation in different rooms.

Living room

- Keep the temperature between 18–20 degrees during the daytime.
- Make sure the temperature does not drop below 15 degrees.
- Always leave ventilation grids open and clean them regularly.
- Do not place any furniture against outer walls.
- Make sure that wall radiators do not have anything hanging in front of them or directly behind them, such as curtains.

Bedroom

- Ventilate daily by leaving windows open twice a day for 5–10 minutes.
- Keep the temperature at a minimum of 15 degrees to prevent temperature differences and condensation from forming.

Bathroom

- **After showering:**
  - Dry the shower walls with a squeegee to reduce moisture.
  - Keep the bathroom door closed to prevent the moisture from spreading throughout the house.
- **Ventilation:**
  - Make sure that the ventilation grids in the bathroom are always open.

- With mechanical ventilation: keep it switched on to the highest setting while showering and for 15 minutes after showering. Keep the door closed.

Want to learn more?

- Watch the video on ‘Healthy indoor air’ or play the ‘Ventilation game’ at Steffie.nl (available in several languages).
- Click here for other translations (see links & downloads).