



Information sheet

# Healthy living

Proper airing

# Saving money

Heating properly



**GRAFF**  
IMMOBILIENGRUPPE

# How do you air your home?

During the heating season in particular - from October to April - properly airing the home is the main way to save costs and live healthily.

## 1. Regularly and depending on activity

- in the morning as soon as you get up
- at noon - if you are at home during the day
- in the evening before you go to bed
- after a shower/bath
- after cooking
- after or during laundry drying

## 2. Briefly

**Outdoor temperature = airing time**

- below 5°C = 5 minutes
  - up to 10°C = 10 minutes
  - higher than 15°C = 15 minutes
- also when it's raining!

**Remarkable:** Even cold air, which has a relative humidity of 90-100% when it rains or is foggy, only has a humidity of 30% when heated in the home. This fresh air absorbs new moisture in the home!

## 3. Intensively

**Open windows wide to air!** Especially during the heating season

**Advantage:** Airing by opening windows wide and opening all windows

- Very quickly replaces humid and stale room air with fresh and drier air
- Does not cool down the walls so that the air in the room can be heated up quickly again (saves money!)

**Disadvantage:** Tilt / gap airing

- Replaces humid and stale air in the room very slowly
- Cools walls in the window and encourages mould and mildew

**Proper airing and proper heating saves money**

# How do you heat your home?

Dry air requires less heating energy than moist air. **Therefore:** bring dry air in quickly and allow it be heated up by the walls and radiators.

## 1. Do not cover radiators

Do not cover radiators with objects, furniture or curtains. Only when radiators are completely clear is it possible for air to circulate and transport the heat into the room.

## 2. Keep doors closed

Try to keep doors closed:

Heating individual rooms (such as bedrooms) by leaving doors open leads to increased humidity in these rooms and does not save energy!

## 3. Optimal temperature: 20-22°C

Rooms that are used rarely or not at all should also be kept at a temperature of 20-22°C, even when you out!

### If room is used:

- Living room 20-22°C
- Kitchen 20°C
- Bathroom 22-23°C
- Children's room 20-22°C
- Bedroom 20°C



## 3 more tips for healthy and economical living:

### 1. Furniture and pictures

Do not place items of furniture, especially cabinets against outside walls. If you have no choice, keep a minimum distance of 10 cm and, for large cabinets, up to 20 cm. Keep a distance of at least one hand's width from interior walls to ensure air circulation. Regularly take a look behind furniture and pictures from September to May.

### 2. Away from home

Even if you are not at home during the day, you should not let your home cool down to below 20°C. Airing the home is not necessary as long as moisture levels are not too high. If you are away from home for more than 2 days, ask a neighbour/friend to air your home at least every 2 days (with windows wide open, not tilted).

### 3. Bathing, showering, cooking and drying clothes

Keep the internal doors closed so that the moisture cannot escape into the other rooms, and air the room immediately afterwards with windows wide open and internal doors still closed. When drying laundry indoors, the room must be well heated and aired more frequently.

#### Things to know about the air moisture we produce:

- 10-minute shower: approx. ½ litre
- 40-minute bath: approx. ½ litre
- Cooking food for 14 people: approx. ½ - 1 litre
- Drying clothes on a clothes horse: approx. 2 - 8 litre
- 3 small potted plants per day: approx. 1 litre
- Housework (2.5 hours): approx. ½ litre
- Children playing (5 hours): approx. ½ litre
- Sleeping (approx. 7 hours/2 people): approx. ½ - ¾ litre
- The average amount of moisture released by a family of 4 in their home is about 12 litres per day, which is equivalent to 4,380 litres per year. That's 40-50 full bathtubs!

To regulate the humidity in your home, use a hygrometer with a ventilation indicator. The healthy air humidity for humans is about 50%. Mould, mites and other micro-organisms are only really happy from a humidity of about 60%.