

Avoid Problems from High Humidity

Open a window!

- The air in your apartment can quickly become too humid due to cooking, washing, bathing and watering the flowers. Humid air can be the cause of mildew damage and increased irritation from common dust mites.

- Many believe an apartment "airs out" by itself, this is seldom the case. Therefore, you must air out enough to remove the humidity which occurs in your apartment.

- In newer buildings there is usually a mechanical ventilation system which removes air from the kitchen and the bathroom. These ventilators must be kept open and clean in order to be effective. From these you get the fresh air which is later drawn out through the kitchen and bath. They should always be kept open.

- In older buildings with small ventilation windows, it can be necessary to keep them slightly open at all times.

- REMEMBER: Air out enough to keep dew from forming on your windows.

- Even though we must observe good heating economy, it mustn't result in poor air quality. Fortunately heating reasonable amounts of fresh air doesn't cost much.

- Fewer humidity problems arise, if all rooms are kept at approximately the same temperature.

- In new apartments there is the possibility of high humidity due to new paint and plaster. Be sure to air out an extra amount during the first year.

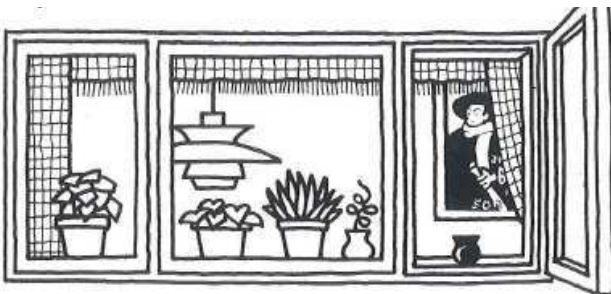
- Installation of new windows and weather stripping around doors can seal an apartment so much that it is necessary to air out more often.

- If you smoke, it is especially important to keep ventilators open.

- Contact the janitor or building inspector immediately if mold or mildew appear. Problems are best corrected if caught early.

- REMEMBER: It's cheaper to heat dry air than wet.

In the living room



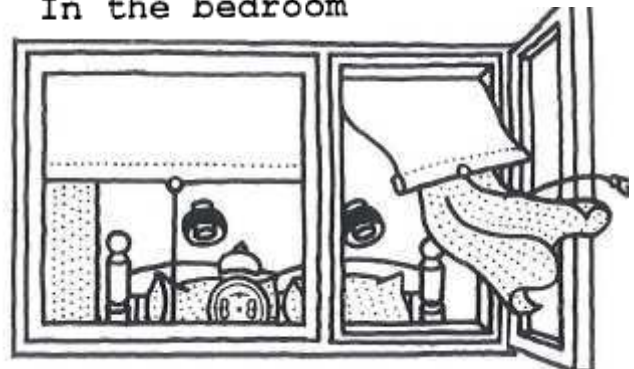
- Air out a couple of times a day or use the ventilator.

- If dew begins to form on the windows, air out an extra time.

- Don't completely shut off the heat in an unused room.

- Don't place large, heavy cabinets or furniture close to outside walls. The air must be able to circulate around them. Otherwise mold or mildew will form on these walls.

In the bedroom



- Air out and ensure bedding is aired each morning.

- Turn the mattress occasionally.

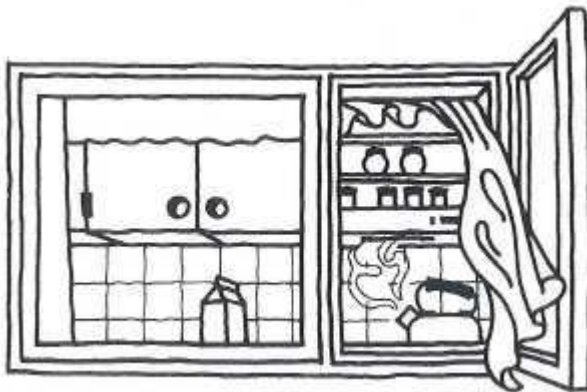
- Don't leave the bedroom completely unheated.

- If dew begins to form on the windows, air out again. Either to the outside or to the other rooms of the apartment.

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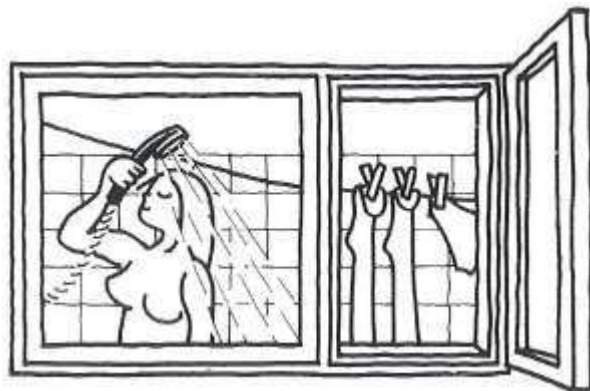
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In the Kitchen



- Never cover or plug the ventilation channels.
- Fully use ventilation channels during cooking.
- Put lids on boiling pans during cooking so that as little steam as possible escapes into the kitchen.
- Air out well during and after cooking.

In the bathroom



- Never cover or plug the ventilation.
- Avoid washing and especially drying clothes in the apartment. If this can't be avoided, use the bathroom and ensure good ventilation.
- Air out well after bathing.

REMEMBER: A GOOD INTERIOR CLIMATE DEPENDS ON GOOD VENTILATION