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VENTILATION INFORMATION SHEET

Correct ventilation - healthy living

During the cold season, problems with excessive humidity occur repeatedly. Excessive humidity is often manifested by the formation of condensation on the window panes. If the humidity in rooms is constantly too high, buildings and furniture can be damaged. In addition, persistently high humidity levels are unhealthy. These problems can usually be avoided with correct ventilation.

Indoor air contains a certain amount of water vapor. How much water vapor the air can absorb depends on the temperature. At 20 degrees Celsius, for example, one cubic meter air can absorb around 18 grams of water. Anything above this amount exceeds the storage capacity of the air and is deposited on the cold surfaces of the environment in form of condensation. Fogging up of mirrors or windows is a well-known example of this.

In living spaces, water vapor is mainly produced when bathing, showering or cooking. But people and animals, indoor plants or evaporation vessels also release water into the air. People are often unaware that excess water in the room air is not only deposited on windows or mirrors, where it is particularly visible, but also on walls or furniture. In rooms that are constantly too humid, mold can form in corners, on window frames or on ceilings.

If condensation forms on window panes, the humidity in the room is too high. This is usually an indication that the room is being ventilated incorrectly or too little. In addition, the heavily sealed building envelopes used today to save energy also play a role. In most cases, however, this cause is combined with incorrect user behavior. If there is no exceptional source of moisture in a dwelling, the occurrence of condensation water may be due to excessively cooled building components. This may be due to construction defects or excessive ventilation, which also cools the building components. Cold external walls of poorly insulated or uninsulated buildings are particularly at risk, especially if they are obstructed by furniture.

Even in rain, fog or snow, rooms must be ventilated regularly. The fear that the humidity in the home will be increased by the ingress of moist air is unfounded: For physical reasons, the cold outside air can absorb less water than the warm inside air. If you ventilate too little during the cold season, you run the risk of condensation forming on windows and walls, making it easier for unhealthy mold and structural damage to develop.

Correct ventilation

- Fully open windows 2-4 times a day for 5 to 10 minutes;
- Do not ventilate continuously by tilting windows;
- If windows start to mist up on the inside, ventilate immediately, vigorously and continuously;
- Heat all rooms as evenly as possible;
- Do not turn off the radiators completely, even in rooms that are rarely used;
- ventilate the room vigorously after showering and bathing. Only reopen the bathroom after airing it;
- Do not dry laundry in the apartment.

Source: HEV Schweiz