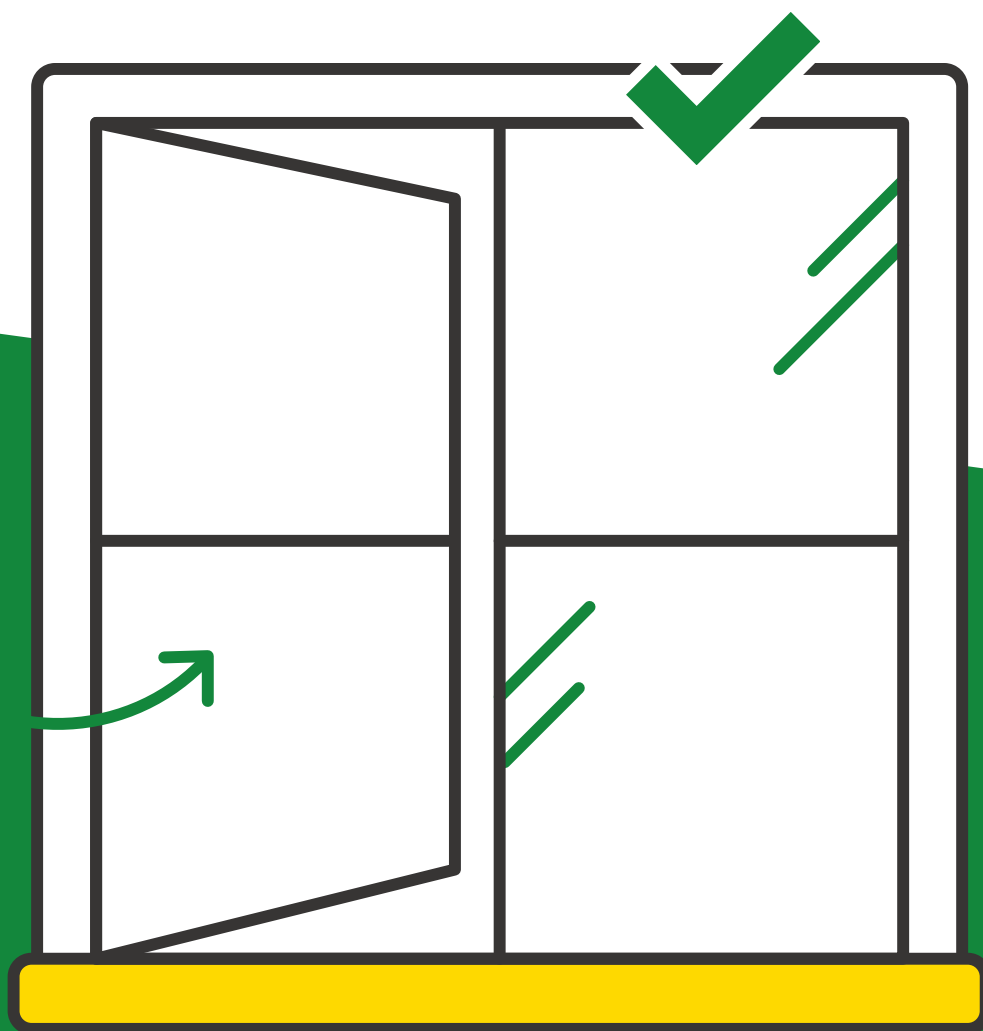
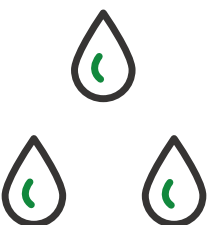


Keep your home ventilated

TOP TIP

**VENTILATE ROOMS AFTER
SHOWERING OR COOKING**

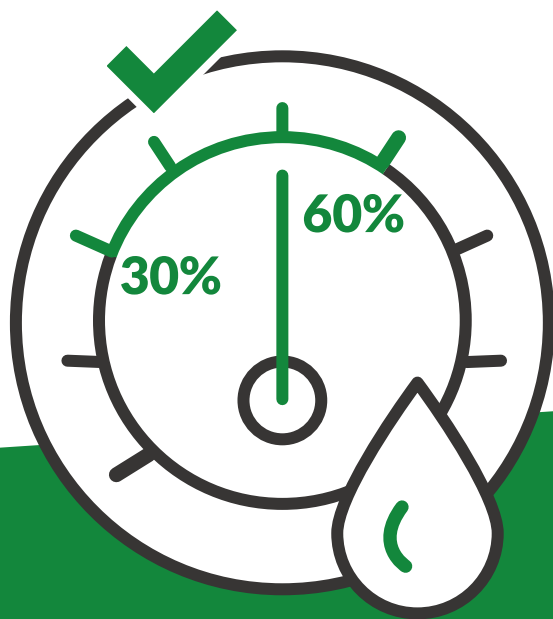




A home with moist air uses more energy to heat and can cause bills to rise. It takes longer to heat damp air, and it cools down quicker.

This moisture increases the chance of condensation - the water that forms on your windows and walls. Repeated condensation over time can lead to damp and mould, which may mean people in the home are more likely to have respiratory problems, respiratory infections, allergies or asthma. Damp and mould can also affect the immune system.

That's one reason why it is so important to ventilate rooms, particularly after showering or cooking on the hob. Of course, ventilating your house properly will also save you money.



PLACE ONE OF
OUR STICKERS

NEAR
THE HOB TO
REMIND YOU TO
VENTILATE WHEN
COOKING

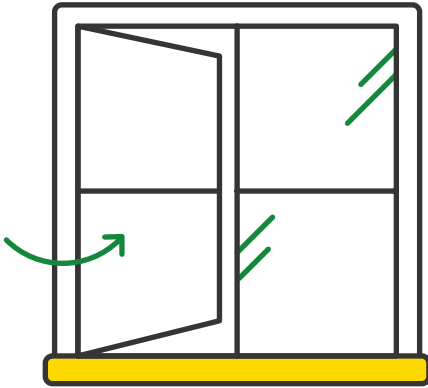
It can help to keep a close eye on humidity in your home.

Humidity is a measurement of how much water vapour is present in the air.
You can measure it using a hygrometer.

Ideally you want to have a humidity reading between 30% and 60% (in summer this is 40-60%, in winter 30-50%). It doesn't take much for humidity levels in the home to soar, particularly when showering or cooking, so it's important to know how to reduce the moisture in the air.

TOP TIP

The easiest way to reduce moisture in the air is to open a window.



Opening windows

Even if it's cold outside, opening a window for just a few minutes is important to reduce the chance of having condensation and mould in the home.

In a room where you've opened a window, close the door to stop the cold air from moving into the rest of the house.

PLACE ONE OF
OUR STICKERS

NEAR
THE SHOWER
TO REMIND YOU
TO VENTILATE
THE ROOM

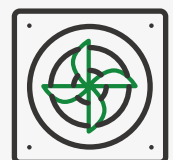
Using extractor fans

Extractor fans are also useful for reducing moisture in a room.

It's important to turn them on during and/or after showering or cooking to reduce the risk of damp, mould and condensation.

Make sure the fan is unobstructed. Remember, extractor fans don't let in the cold, they simply remove moisture from the room.

Another option, particularly for homes without extractor fans, is to purchase a dehumidifier. These can feel like an expensive one-off purchase but they can be effective in reducing humidity in your home. They can also help reduce the risk of damp when drying clothes indoors.





Our top tips
are designed to
help people save
money and stay
warm and well.

Our Green Doctors
have identified helpful
impartial advice on
what can really make a
difference in reducing
bills and saving energy.

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