



GIVE YOUR HOUSE SOME AIR

The air in your house is most of the time worse than the air outside. To keep the air in your house healthy and clean, it's important to regularly air and ventilate. It's an absolute necessity for a healthy house. That way, you avoid moist and other hazardous substances piling up and causing health problems like irritated eyes, headache, nausea, ...

‘Ventilate all day long and air additionally’.

Ventilating is continuously refreshing the air in your house. The moist and polluted air inside is continuously changed with fresh, oxygen-rich air from outside. By ventilating in a good, continuous way, you better the environmental quality inside and your health!

How to ventilate?

- Via a controlled, mechanical ventilation system
- Open the windows an inch
- Make sure there's a good air flow by opening windows across one another

Airing is widely opening the windows and doors that are in contact with the air outside. That's how you create a short, but big 'fresh' airstream. It supplements permanent ventilation. You can do this more than once a day for a quarter of an hour. The effect of airing is gone half an hour after you've closed the window.

Use the following tips to optimally ventilate and air:

- Clean ventilation grids regularly (every 3 months) open them and remove the dust and dirt.
- Air extra after you've done certain activities like showering, bathing and cooking.
- Put the heater off during airing.
- Ventilate and air in winter as well.
- Try not to dry your laundry inside to avoid a high moisture concentration.
- Use a damper during cooking.

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