

Proper heating and ventilation

When heating the home, it is important to find a compromise: Of course it should be warm and comfortable in your home. Furthermore, permanent low temperatures endanger the healthy. On the other hand, excessive heat is also not healthy - and very expensive nowadays. Different uses of rooms require different heating and heterogeneous. Nevertheless, it is important to establish ground rules for the correct heating to ensure that you don't "burn" your money and enjoy a comfortable living climate.

Therefore:

- For various rooms of the apartment are different temperatures valid: in living rooms, children rooms and lounges 20°C, in the bathroom 24°C, the kitchen 18°C, at night in the bedroom 14°C – 18°C. **NOTE: These temperatures are valid when you are present.**
- At night and during prolonged absence, you should turn down the heat slightly. **However, you should never turn off the heating completely.**
- Heating and radiator valves should always remain free.
- Keep doors between different heated rooms always closed.

Besides the heating, ventilation also has a direct impact on your heating bills. And it even influences your health! Improper ventilation results in humid air and thus favors the formation of mold. The humidity must instead be brought out of the apartment through proper ventilation. Otherwise, it condenses on walls, niches and behind furniture and offers the mold a perfect breeding ground. The following rules will show you how to prevent harmful mold and save on heating costs:

- Only "Ventilating". This means that you have to **fully open the window for a short time**. Especially in the morning and at night before bedtime, the generous ventilation with open windows is recommended. **A tilt position** of the window is **ineffective**, wasted heat energy and rather promotes mold growth.
- If there is the possibility to ventilate across the flat then do this (open all windows and doors of the apartment). Make sure that the doors and the windows do not close due to the strong draft.
- Ventilate in any weather and rain.
- The cooler the room temperatures are, the more often you will have to ventilate.
- The colder the outside temperature, the shorter must be ventilated.
- Always ventilate after cooking, ironing, showering or bathing.
- Put furniture on outside walls at least up to a distance of 5-10 cm from the wall.
- If there accumulates moisture on the inside of the window, wipe the window dry.