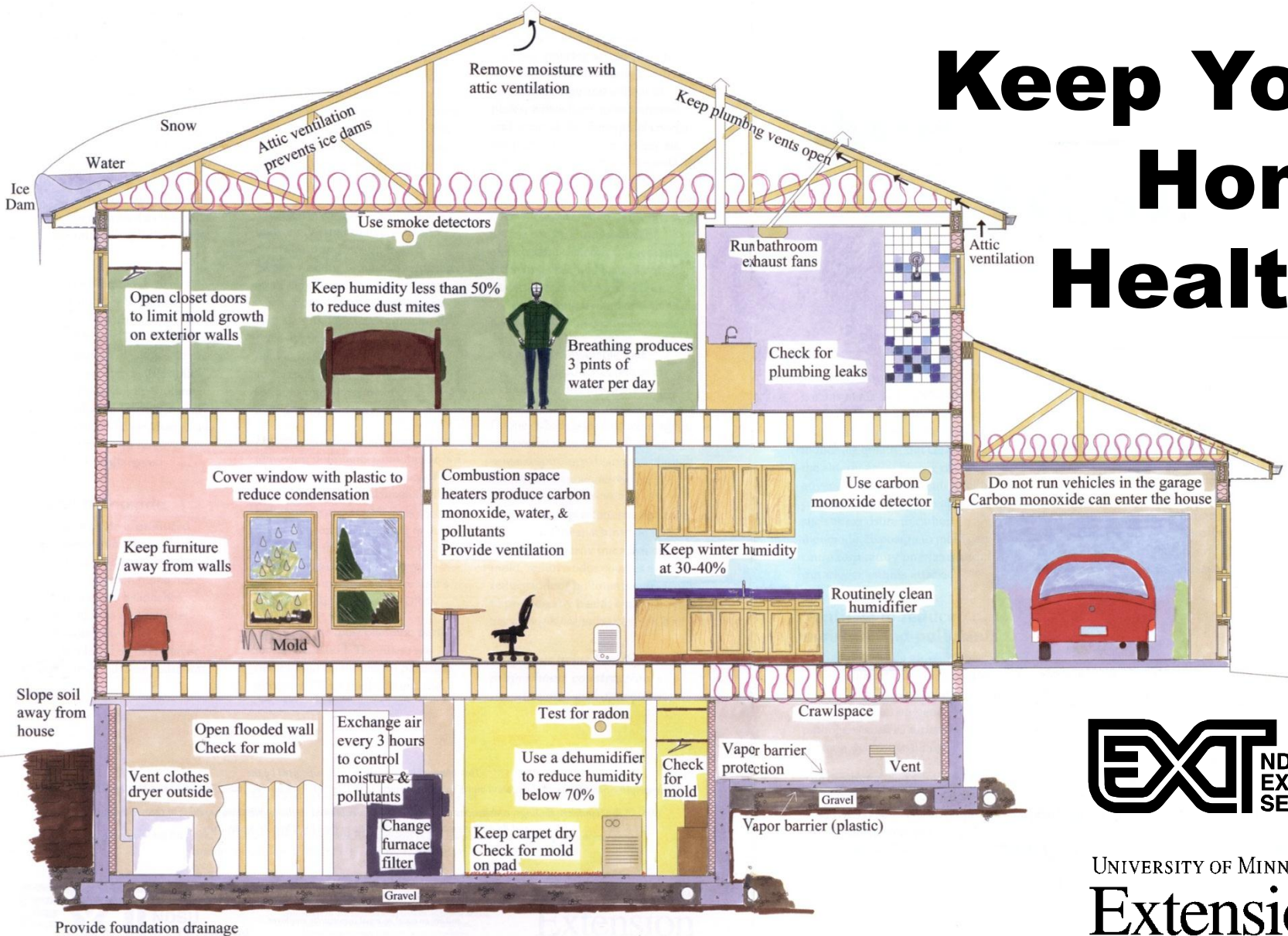
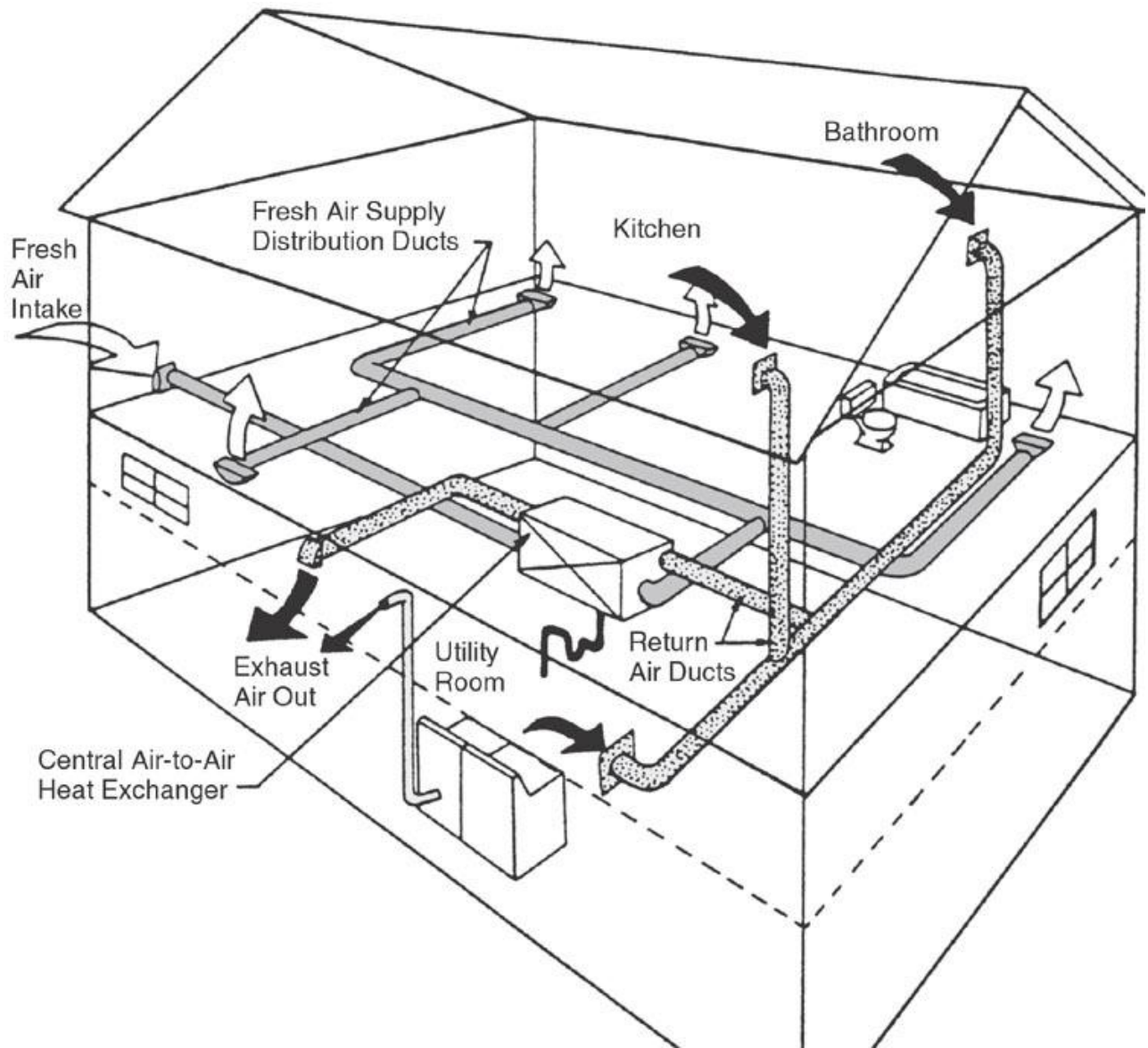


# Keep Your Home Healthy



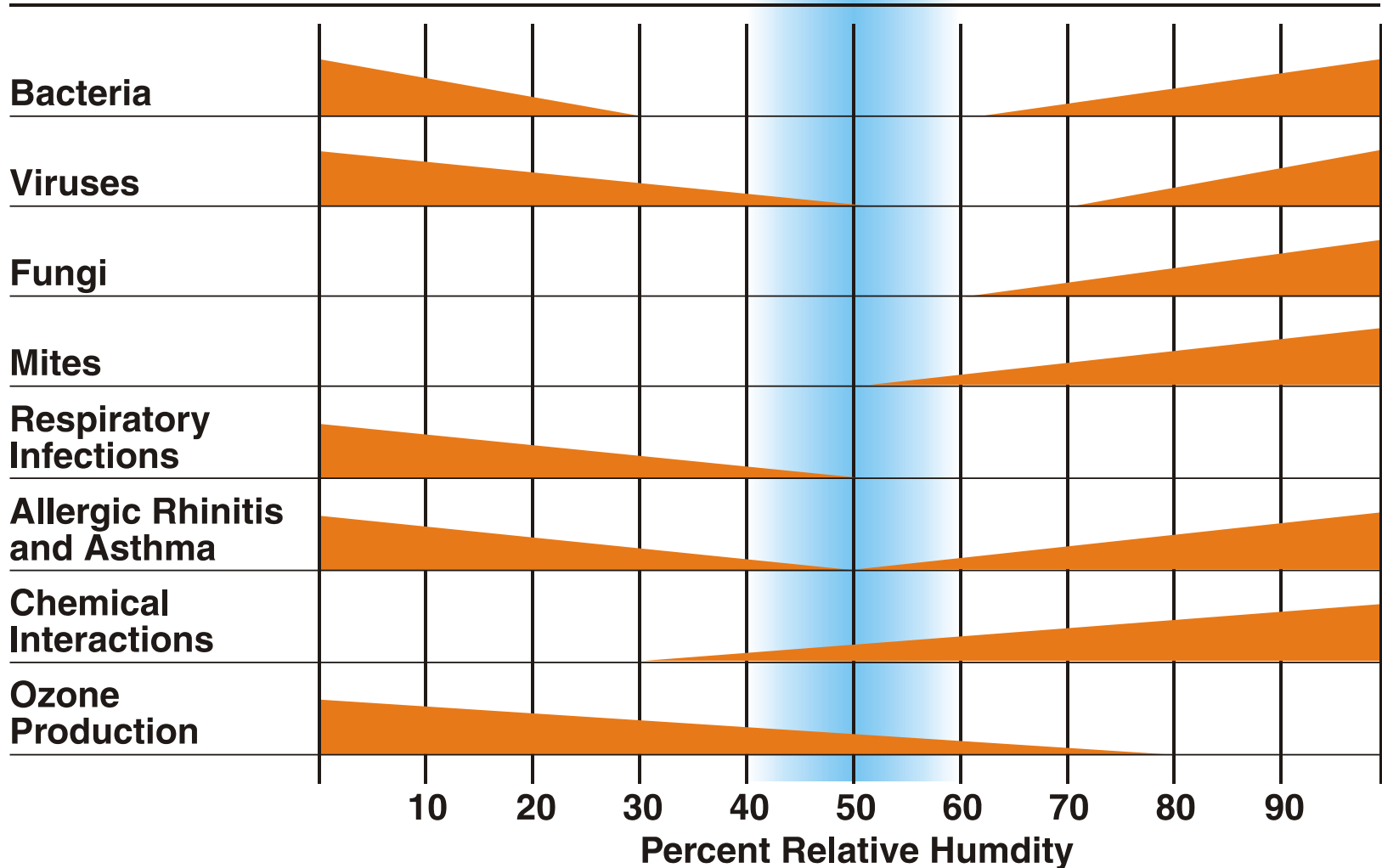
# Heat Recovery Ventilation



# Optimum Relative Humidity

Decrease in bar width indicates decrease in effect

Optimum Zone



# Controlling Excess Moisture

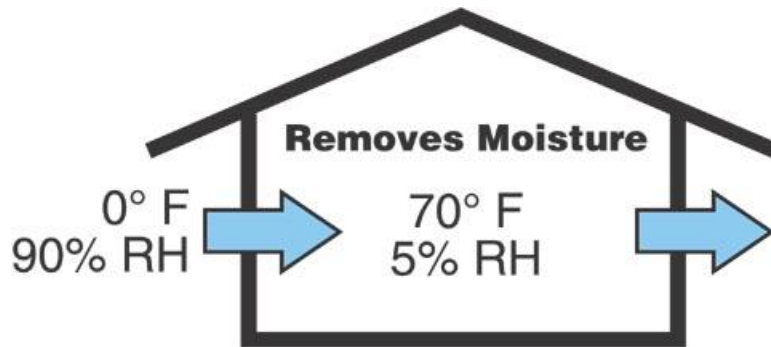


- Use exhaust fans when showering
- Repair plumbing leaks
- Vent clothes dryer
- Dry and clean flooded materials

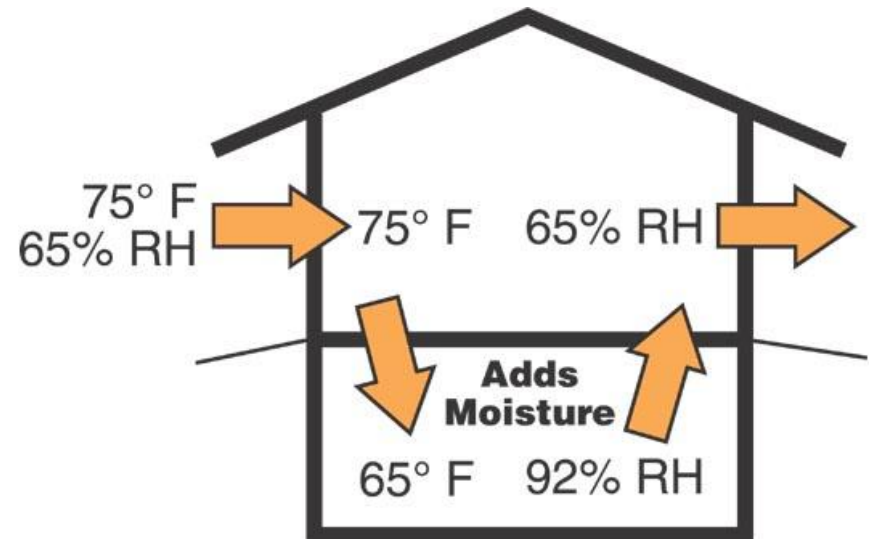
# Removing Moisture

- Ventilate in cold weather
- Dehumidify or air condition in warm weather

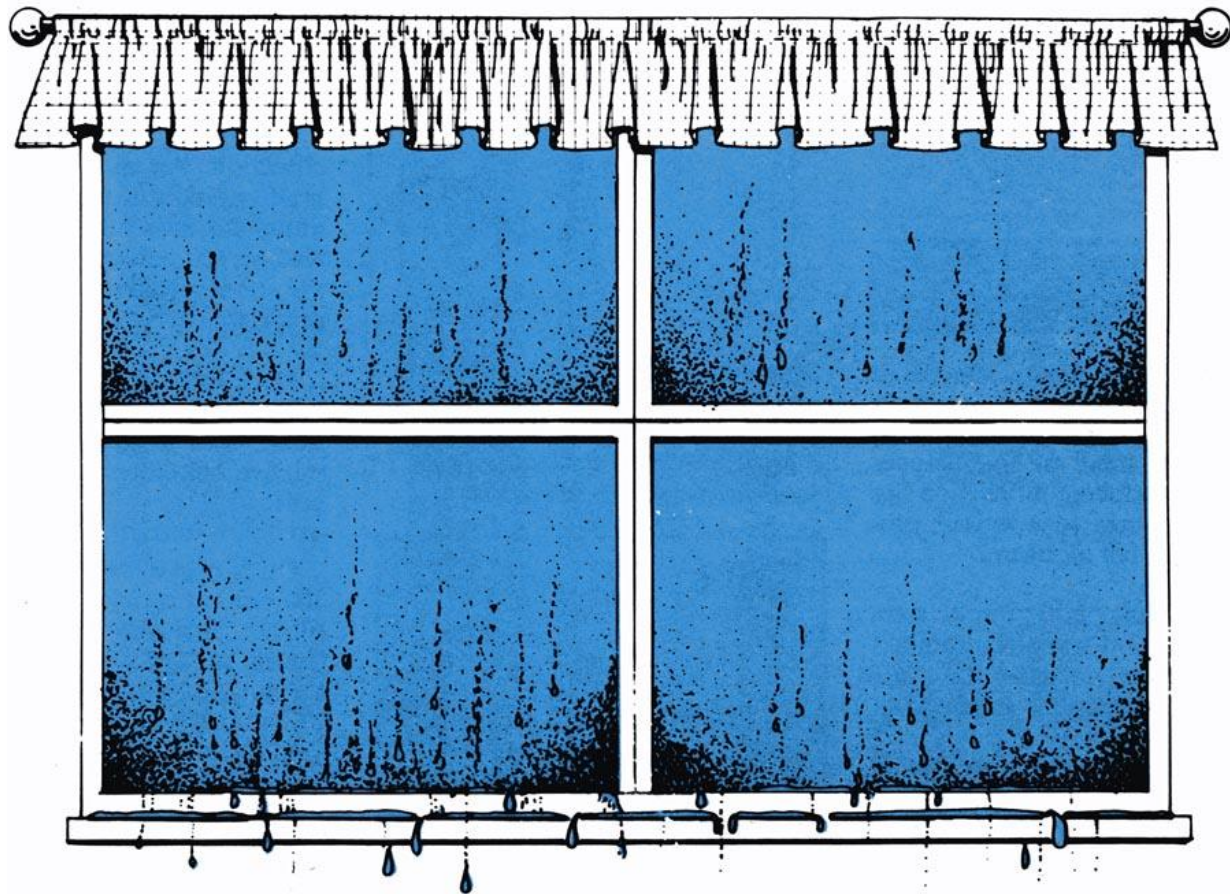
Winter Ventilation



Summer Ventilation

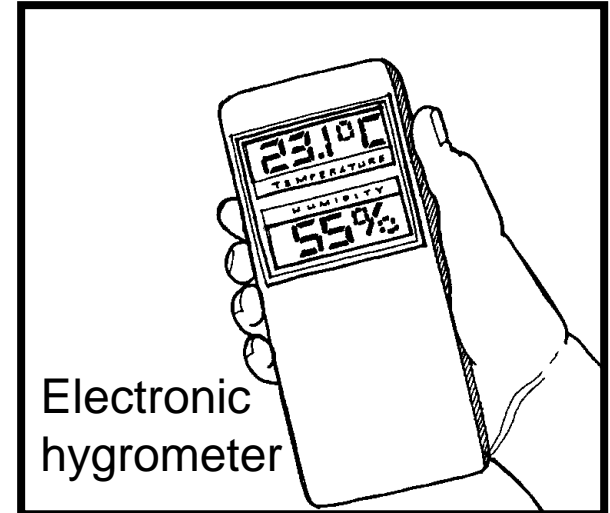


# Reduce Condensation

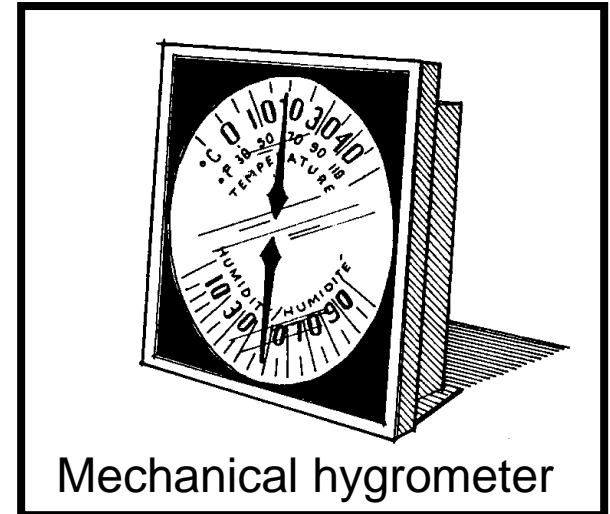


- **Winter —  
30-40%  
humidity**
- **Summer —  
less than  
65-70%  
humidity**

# Hygrometers



Electronic hygrometer



Mechanical hygrometer

## Calibrating a hygrometer

1/4 cup table salt • 1/2 cup water • 5 qt. ziplock bag

After 12 hours 75% humidity

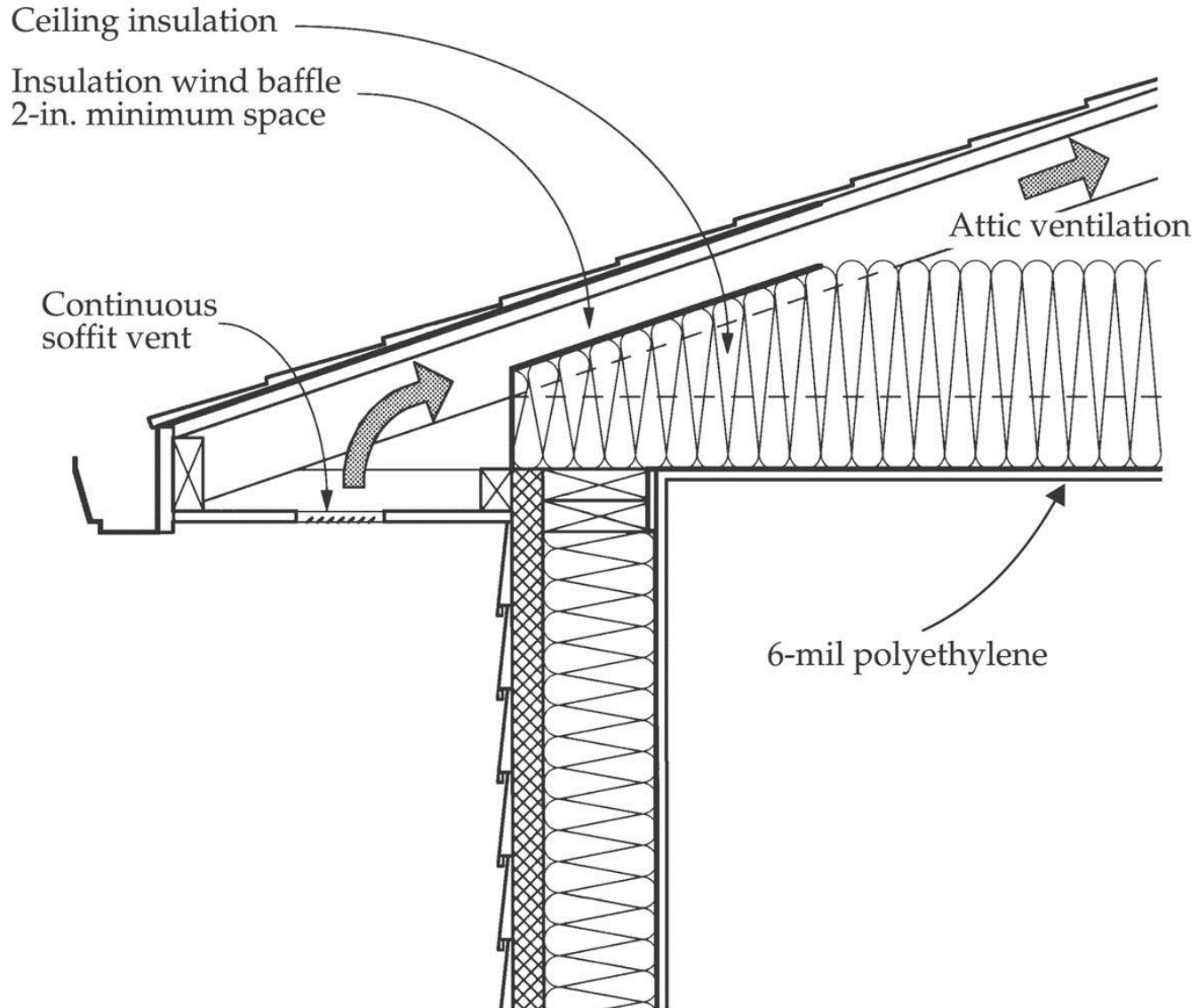
# Health Effects of Mold



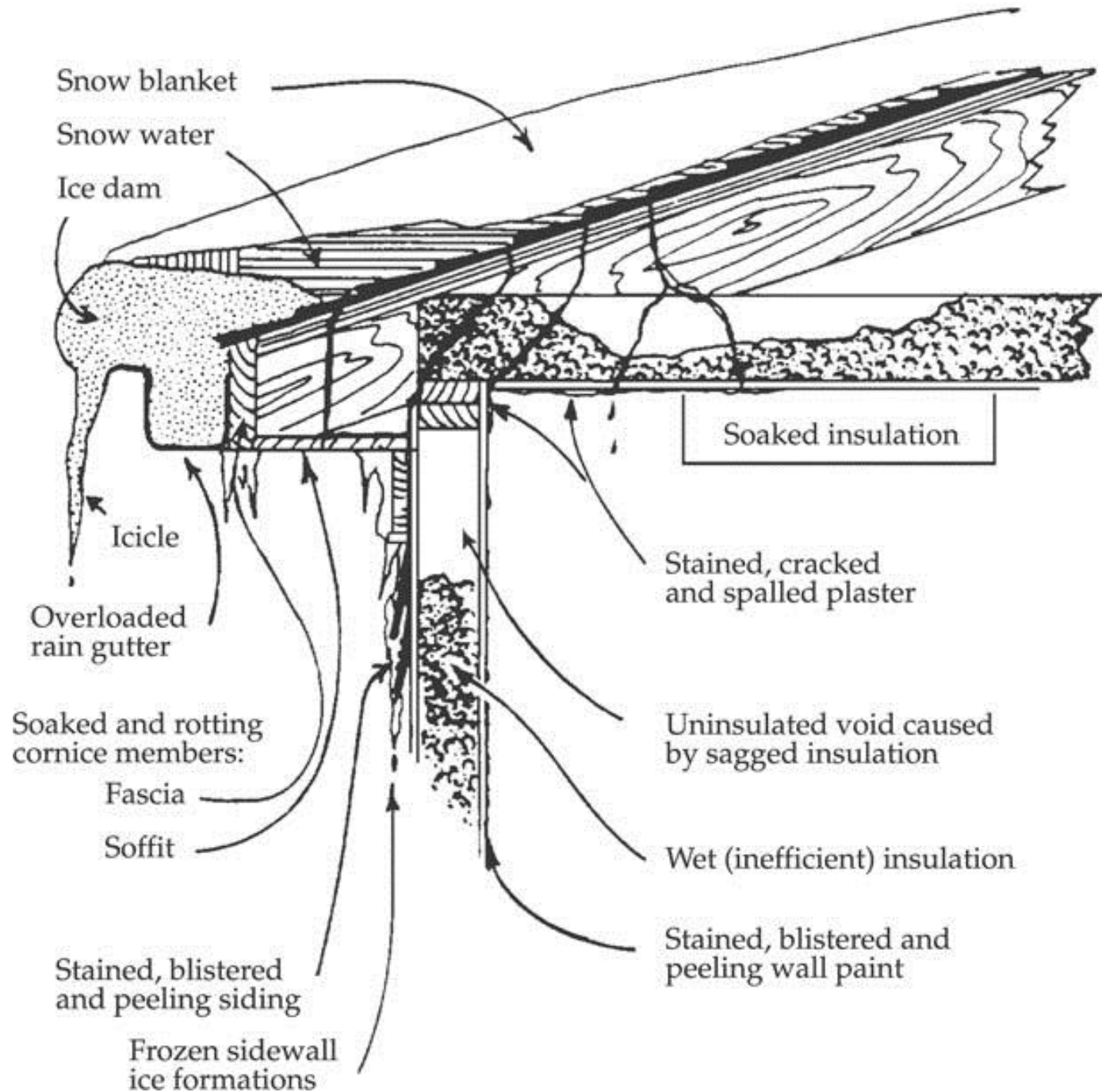
- **Watery or itchy eyes**
- **Sore throat**
- **Stuffy nose**
- **Coughing**
- **Skin irritations**
- **May trigger asthma attacks**



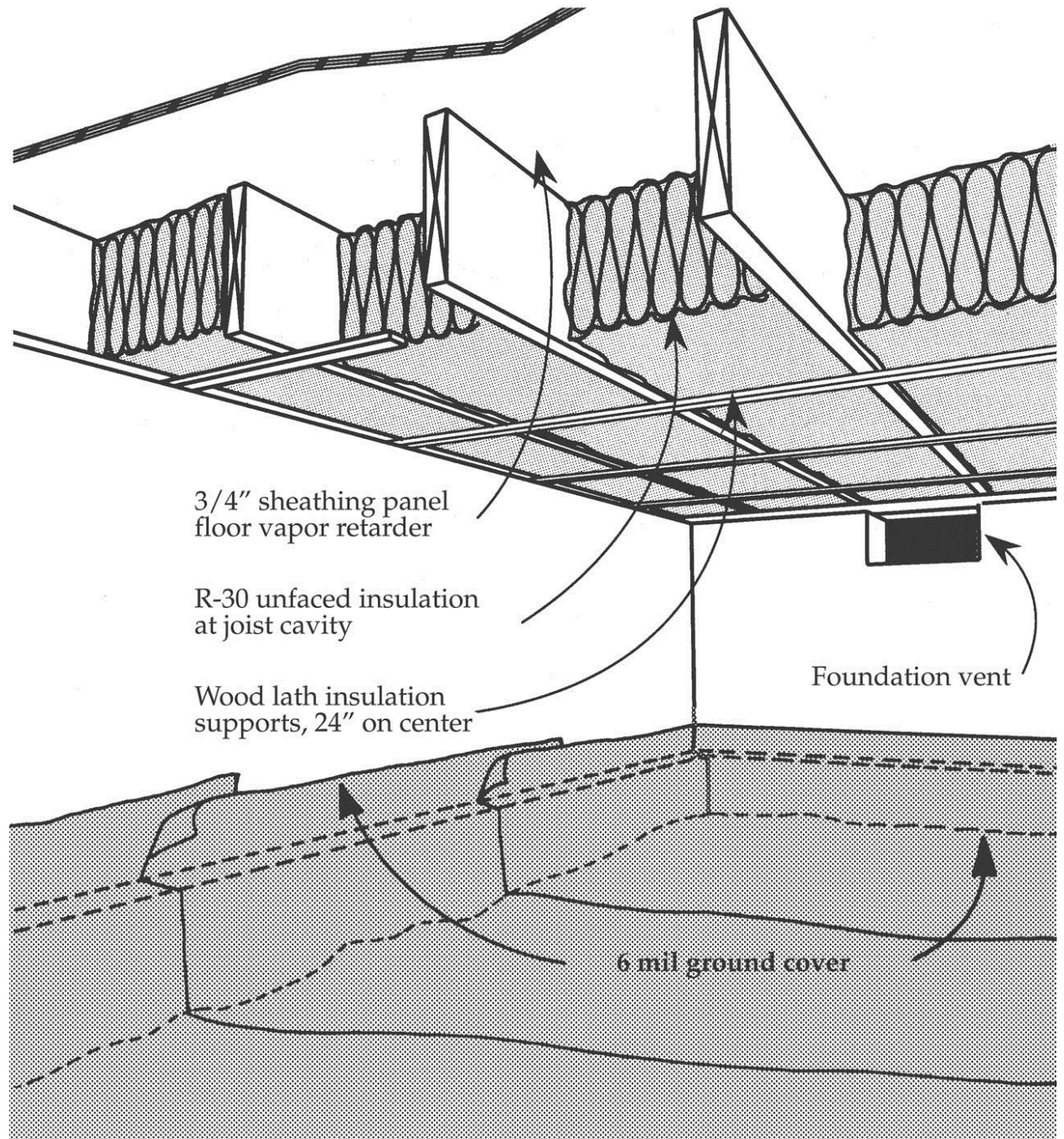
# Attic Ventilation



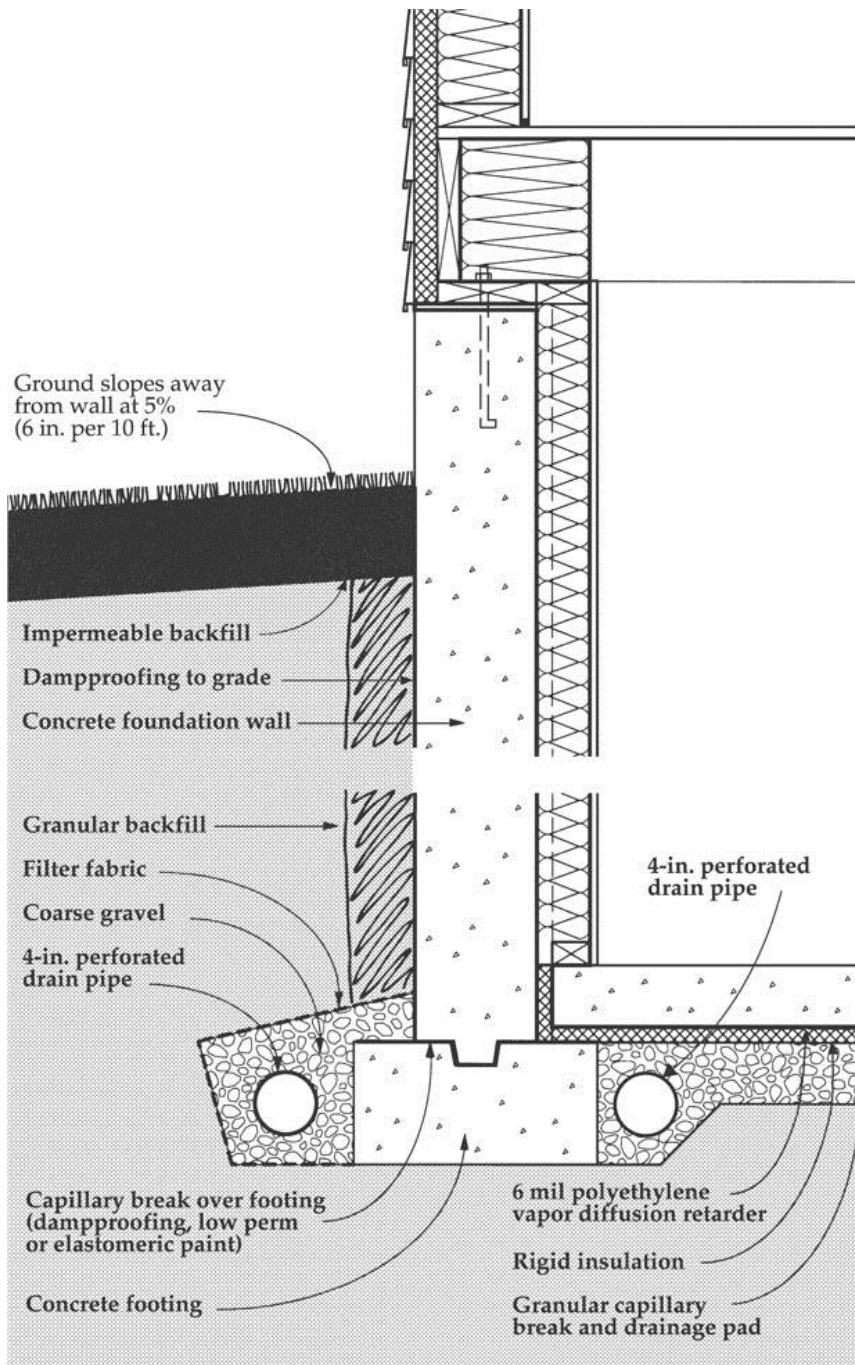
# Ice Dam



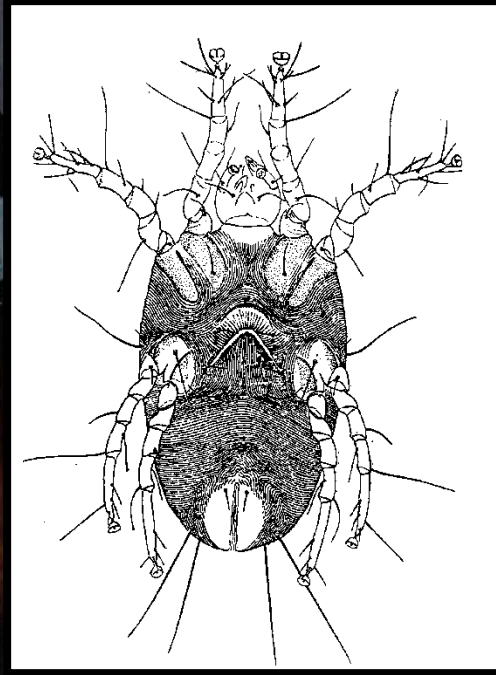
# Crawl Space



# Foundation Drainage System



# Control Mites



- **Keep humidity less than 50%**
- **Wash sheets weekly in 130 degrees or hotter**
- **Vacuum mattress, chairs and carpeting**
- **Replace pillows every five years**



# Humidifiers

- Keep clean by changing water
- Keep clean by cleaning reservoir tanks
- Keep area around humidifier dry

# Reduce Carbon Monoxide Risk



- Use carbon monoxide detectors
- Service furnace every one to two years
- Vent space heaters outdoors
- Do not idle vehicle in garage

# Radon Detector







# **Air Cleaners**

## **Evaluate:**

- **how well it collects particles (percent efficiency rate)**
- **how much air it draws through**