

Dear Members,

Our homes are where we live our lives. That is why we want you to feel comfortable at home. Good air quality is an important part of this. The ideal room temperature is different for everyone: some people like it cosy and warm, while others prefer it cooler.

A good balance of warmth and moisture

is very important: If the air in your home stays too damp, mould can grow on cool walls. This can harm your health. If rooms are too dry, your eyes, nose and throat can become irritated.

How can you make your home comfortable, protect it from mould and save on energy costs at the same time?

We have three simple tips for you!

Heat all rooms



Set the radiator control to 3



Keep radiators clear



Keep doors closed between warm and cooler rooms

Save money with steady heating



Keep your heating at a steady temperature

Air your home properly



Open windows wide, not tilted



Air rooms at least twice a day



Air rooms whenever there is a lot of steam or moisture

Legal notice

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How to Heat and air your home properly



Save on energy costs
and prevent mould

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Heat all rooms properly

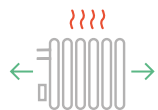
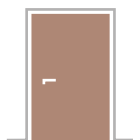
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Set the radiator control to 3, to reach the recommended room temperature of 20 degrees Celsius. In the bedroom, setting 2 is enough; the recommended temperature there is 17 to 18 degrees Celsius.

Keep the doors between well-heated and cooler rooms closed.

This prevents too much moisture from moving with the warm air into the cooler room, where it can increase the risk of mould.

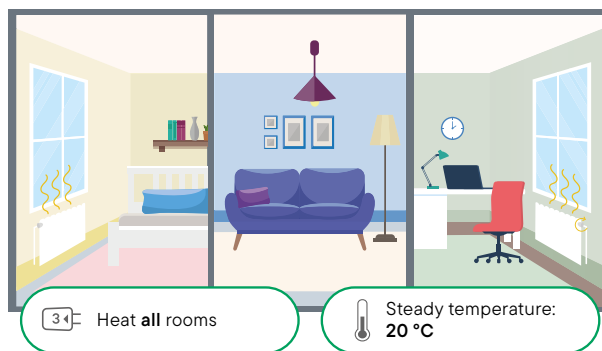
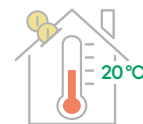


Keep radiators and outside walls clear of furniture: If furniture blocks them, the warm air from the radiator cannot circulate. The wall stays cold and mould may start to grow.



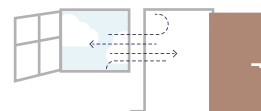
Keep the heating steady and save money

Keep your heating at a steady temperature. This costs less than turning the heating up and down regularly.



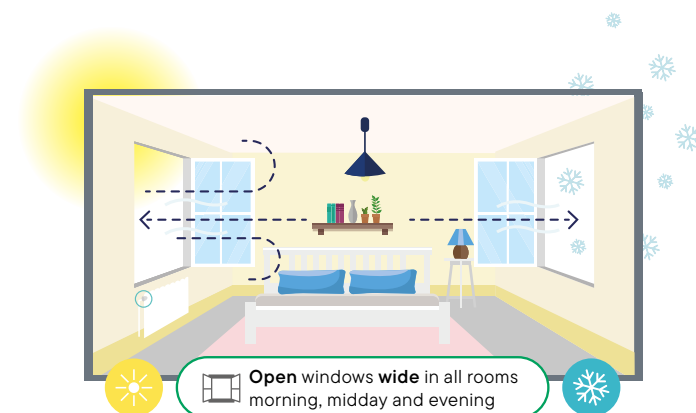
Air your home properly and feel comfortable

Every day, we add moisture to the air in our homes simply by living there. That damp air needs to get out!



Open windows wide instead of leaving them tilted:
Open the windows wide for five to ten minutes.

Turn the heating all the way down during this short time. If possible, open windows on opposite sides and internal doors too, so fresh air can flow through. Tilted windows do not bring enough fresh air into the rooms.



Air rooms two to three times a day – depending on how much time you spend in them: in the morning after getting up and showering, at lunchtime after cooking if possible, and in the evening when you come home.

Always air rooms when a lot of steam or moisture is produced: for example when cooking, after showering, when drying laundry indoors or after taking a bath.

