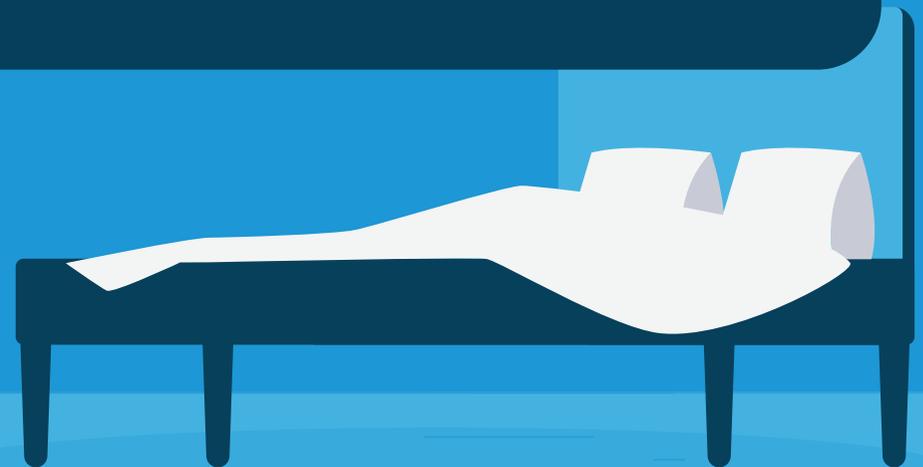


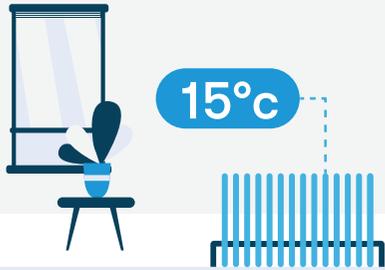
# How do I keep my house fresh?

When you live in a house, it is inevitable that the air humidity rises. For example by showering, cooking, doing the laundry and drying it. High humidity is a perfect condition for moulds to grow in. In addition, you consume more energy when heating up humid air. Fortunately, you can generally freshen up your house yourself. Good ventilation makes the air less humid and saves you money.



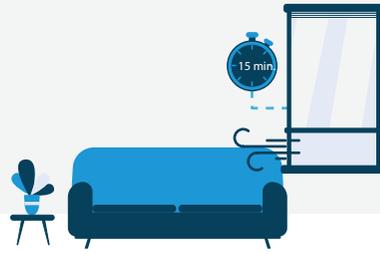
# How do I ensure a healthy living environment in my house?

## Heating



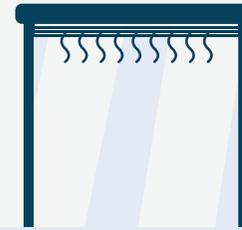
Make sure the temperature in all rooms does not fall below 15 degrees Celsius.

## Airing out



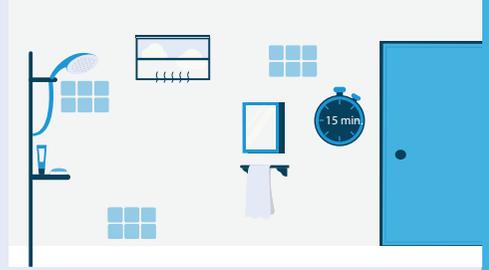
Air out all the rooms in your house at least 15 minutes a day. Open windows and doors facing each other.

## Ventilating



If your house has air vents, keep these open at all times. Also in winter. This will allow damp to dissolve quicker. A dry house warms up faster and is healthier. If your house does not have air vents, leave at least one window ajar.

## Showering



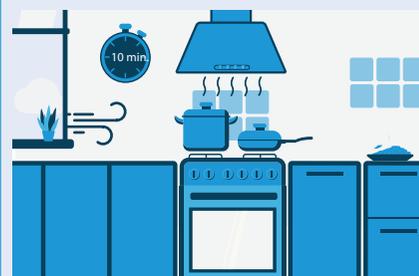
Keep the bathroom door closed when you take a shower. When you are done showering, dry the walls and floor and keep the bathroom door closed for a least 15 minutes. Does your bathroom have a window? If yes, open it. If not, turn on the ventilation if present.

## Doing the laundry



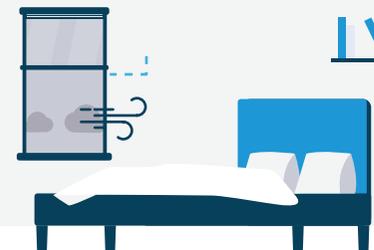
Make sure your laundry is centrifuged well, it will dry faster. If possible, dry your laundry outside. If you hang out your laundry indoors, open a window in that particular room.

## Cooking



Use lids on the pans while cooking. Turn on the hood and/or open a window. Or set the mechanical ventilation to the highest setting

## Sleeping



Sleep with a window or door open. Air out the bedroom at least 15 minutes a day by opening windows and doors.

## Still mould in your house?

Remove it as when you notice it. Dissolve washing soda in warm water and use a cloth or sponge to remove the mould.

### Do the mould problems in your house persist?

It is important that you report this to Nijestee. One of our technical advisors will inspect the cause of the humidity in your house. You can contact Nijestee via **+31 50 853 35 33** or by e-mail via **info@nijestee.nl**.

Do you wanna know how mould arises, what you can do about it and how we can help you? Watch our interactive movie via **www.nijestee.nl/vochtenschimmel** or scan de QR-code.

