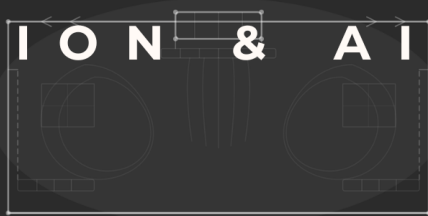


# 8 THINGS TO KNOW ABOUT

# VENTILATION & AIR QUALITY

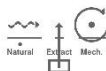


Healthy Homes Factsheet Series  
by Warmer Homes



## HOMES NEED FRESH AIR

Ventilation isn't just about comfort; it's essential for removing moisture, CO<sub>2</sub>, pollutants and odours that build up from everyday living like cooking, showering and breathing.



## THREE TYPES OF VENTILATION

- Natural ventilation (opening windows)
- Extract ventilation (fans that push air out)
- Positive pressure or balanced systems (mechanical systems that manage airflow throughout the whole home).



## WET LAUNDRY, WET AIR

Weigh your wet washing straight from the washing machine, then again when it is dried. If this difference is say 4 kg, then 4 litres of water would have been released in the home if these clothes were dried inside. That's eight 500ml water bottles in the air.



## AIR IN HELPS AIR OUT

To make your extraction fan or rangehood work more effectively, open a window in a nearby room (not the one right next to the fan). This helps because to pull air out of a home, air must be able to come in to replace it. It creates a cross-flow to flush the room.



## CO<sub>2</sub> LEVELS INSIDE

In a poorly ventilated room, CO<sub>2</sub> from breathing can build up to levels that cause fatigue and reduced concentration — often without people realising the indoor air quality is the cause.



## POOR VENTILATION & MOULD

Mould needs moisture and still air to grow. Consistent, adequate ventilation removes the moisture that mould depends on and is a free, easy and effective prevention strategy.



## SUPPORTS HEATING SYSTEM

A properly ventilated home allows heating to work more efficiently — damp air requires more energy to heat than dry air, so reducing moisture load reduces heating costs too.



## THE BEST WAY IS FREE

For most NZ homes, the best way to ventilate is to open all doors and windows for 10-15 minutes each day. This should be enough to replace the stale, moist air with fresh, dry air, without cooling down the 'thermal mass' (walls and furniture) of the home too much.

This factsheet is provided by Warmer Homes.

We hope that by reading our factsheets you will learn some useful ways to make your home warmer, drier and more comfortable to live in. Learn more at [warmerhomes.nz](http://warmerhomes.nz)