

## **Tips against mould**

### **Effective prevention**

Once it is there, good advice is expensive - and in many cases literally so. Mould on walls and ceilings is not only harmful to the building fabric, it can also have a negative effect on health.

To make it particularly difficult for mould, you can do the following things:

## Useful tips

### Heat properly:

Reduce the heating overnight and heat continuously during the day. The room temperature in the living area should be around 20 degrees - if you want to save energy, turn down one or two degrees. In the other rooms, a lower temperature is often sufficient. In the bedroom, 16 to 17 degrees is sufficient for a comfortable sleeping climate.

### Air regularly:

Open the windows fully three to four times a day. The bathroom and kitchen should be ventilated more often, as this is where a lot of moisture is produced. A particularly effective air exchange is achieved by cross-ventilating the rooms.

### Avoid cooling down:

Cooling down completely by airing rooms for too long can promote mould! Open the window completely for five to ten minutes, then close the window again.

### Distance furniture from the wall:

What is often overlooked: Furniture such as large cupboards should never be placed directly against outside walls. There should be about 5 cm between the cupboard and the wall so that the air can circulate.

### Do not cover radiators:

For radiators to work efficiently, there must be enough air between radiators and furniture, so try not to cover radiators permanently.

Avoid humidifiers:

Humidifying the air in the room with a humidifier promotes mould growth. Therefore, do not use them if possible.

## Action: ThermoCard



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