

Don't Give Mold a Chance!

How to heat and ventilate Properly.
Mold Prevention.

1. How do I ventilate correctly?
 - 10 minutes of cross ventilation in the morning and evening. The windows should be fully opened if possible.
2. When do I have to ventilate additionally? Ventilate for at least 10 minutes during or after the following activities or conditions:
 - Cooking
 - Drying laundry
 - Ironing
 - Showering
 - Houseplants
 - When several people are in the room
3. How do I heat properly?
 - Bedroom: 16-18 °C, set the thermostat to 2-3
 - Kitchen: 18 °C, set the thermostat to 2-3
 - Living room: 20 °C, set the thermostat to 3
 - Bathroom: 20-22 °C, set the thermostat to 3-4
 - At night, keep all rooms at ≥ 16 °C, set the thermostat to ≥ 2
4. What else do I need to be aware of?
 - Place furniture at least 10 cm away from the wall
 - Do not hang long curtains or drapes in front of the radiator
 - Do not place furniture in front of the radiator
 - Do not dry clothes on the radiator

Imprint

This information was developed during expert discussion by representatives of the State Working Group on Environmental Health Protection (LAUG) and was graphically implemented by Fabio Canthal and Jeremias Zwicky in collaboration with the State Office for Health and Social Affairs Berlin.

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For more information about
indoor air hygiene, please visit:

