

# Healthy living

Correct ventilation prevents the formation of condensation and mould on windows and walls.

## The problem

Particularly during the winter, we are very often informed of the formation of condensation in flats. This can lead to damage such as:

- Mould on the insides of walls and windows
- Condensation on windows
- Appearance of marks and wallpaper

## Is there no solution?

Yes, it is enough to ventilate correctly.

## What to do about it

1. Quick but effective ventilation can save energy: open the window fully for five minutes, ten at a maximum, or even better, create a brief draught. This allows minimal energy to be lost while eliminating moisture in the room. In winter, there is more dampness in heated premises than in the cold air outside, even if there is fog! By ventilating, you do not allow damp air to enter; on the other hand, internal moisture can escape.
2. In the first year following construction, ventilate 3 to 5 times a day; after that, 2 to 3 times is enough.
3. Rooms that have greater humidity (kitchen, bathroom) should be ventilated during or just after water vapour is produced.
4. When the temperature is below 0° C, avoid permanent ventilation (for example, leaving tilt-and-turn windows open). The exchange of air dampens the surface of the wall, increasing the risk of condensation.

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**Recommendation by EgoKiefer SA**

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