

# Importance of Proper Heating and Ventilation!

As the temperatures drop, proper heating and ventilation are essential to prevent mold, save on heating costs, and maintain a comfortable and healthy indoor environment. To help you stay informed, we've put together the most important tips.

## Heating Tips:

- **Avoid setting thermostats to the highest level:** Turning your thermostat straight to the highest setting (level 5) won't heat the room faster—it will just use more energy. Radiators heat at the same rate, but for a longer time.
- **Save energy:**
  - Reducing the temperature by just 1 °C can lower heating costs by up to 6%.
  - Keeping doors to less-heated rooms closed helps retain warmth where you need it most.
  - Make sure radiators are not blocked by furniture or covered by curtains, as this prevents heat from circulating properly.
- **Recommended room temperatures:**
  - Bedroom: 16–19°C
  - Living room: 20–21°C
  - Children's room: around 21°C
  - Kitchen: around 18°C
  - Bathroom: 21–23°C

## Ventilation Tips:

Moisture builds up quickly indoors, especially when cooking, showering, or doing laundry. Regular ventilation is essential to avoid mold.

- **Windows wide open:** Open your windows fully three to four times a day for 5–10 minutes to exchange the air effectively. Avoid leaving windows slightly open, as this wastes heat without properly ventilating the space.
- **Turn off the heating:** Turn radiators off before ventilating (set them to zero). Once you've closed the windows, you can turn the heating back on.



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