



## How to take good care of your health and your home – while conserving energy!

**Energy conservation is important, but you have to go about it in a way that isn't harmful to the indoor climate in your home.**

**A sound indoor climate is best for your and your family's health, for your home and for your wallet. You risk footing the bill if damages occur to your dwelling from either mold/mildew or frost.**

- Remember to air out all the rooms in your dwelling at least twice a day.
- Turn off the heaters when you air out the rooms.
- Do not turn off any of the heaters. A heater, which is turned off, will result in very cold floors and you risk causing damages, that you will be liable for.
- Turn down the heat, but do not let the temperature drop below 19 degrees Celsius. Buy an indoor thermometer and place it approx. 1,5 meters above floor height.
- Keep all doors inside your home open during daytime to make the air circulate freely between the rooms. If you prefer a lower temperature in your bedroom, you may turn the thermostat down to II and keep the door to the room closed.
- Dry the clothes outdoors or in the drying room/laundry/laundromat. Avoid drying clothes indoor as it increases humidity and the risk of mold/mildew, which is bad for your health and your home.
- Cover the pots with lids while cooking and turn on the extractor hood to avoid steam.
- Keep vents in windows and walls open to help air out the dwelling.
- Do not place furniture against outer walls.