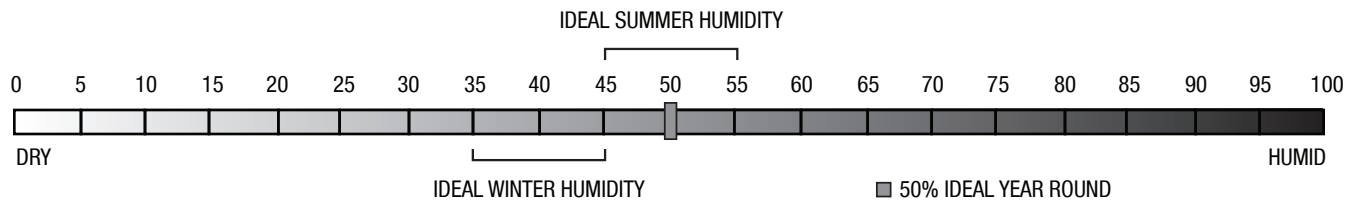


# Understanding Humidity



**HOLMES**  
APPROVED HOMES



Your lifestyle plays a large role in the quality of your indoor air. It is also important to keep up with seasonal home maintenance tasks. The humidity ranges above are meant to be a guide only.

*"Getting the right balance of moisture in your home can sometimes feel like Goldilocks - it has to be just right." - Mike Holmes*

## Why you should care about humidity?

Air that is thick with moisture can lead to mold and rot in your building materials. Improperly managing your indoor humidity levels also leads to an uncomfortable living environment and has an impact on your health.

### If your indoor air is too dry:



Dry mouth/nose



Dry eyes



Flaky and/or itchy skin

#### Effects on your home



Damaging your baseboards and trim splitting



Cracks in your floors



Doors won't latch



Cabinets and wood finishes warping

### If your indoor air is too humid:



Stale air



Frizzy hair



Temperature feels higher

#### Effects on your home



Swelling in your hardwood flooring



Condensation on your windows



Mold between your window pane and screen



Cabinets and wood finishes warping

**Did you know?** According to Tarion, it is the homeowners responsibility to monitor the indoor air quality.

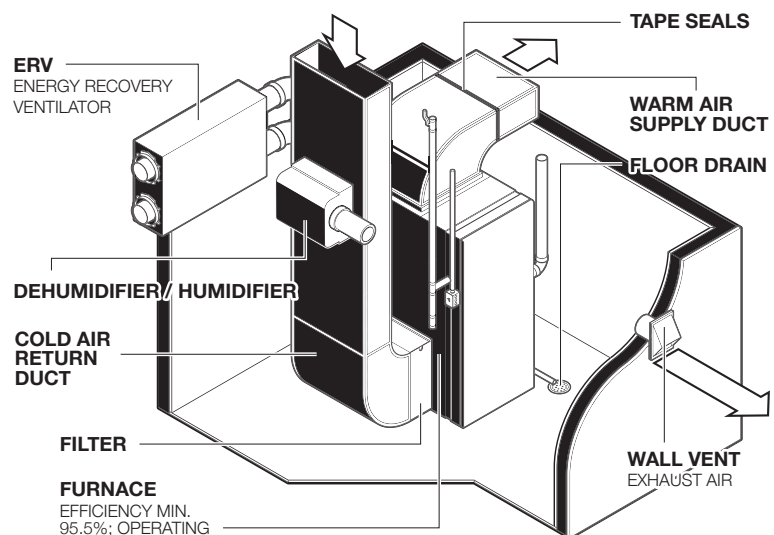
- You need good air movement in your house for your HVAC system to work. Never block a cold air return with furniture.
  - Think of your furnace as the beating heart of your home. Ducts are the blood vessels that carry heat to all parts of your home, and return cold air back to the furnace to be reheated. It's important that you don't restrict the airflow from your furnace through your home.
  - An ERV will transfer humidity from the air being extracted from your house, keeping your humidity levels relatively stable. Clean your filters regularly!
  - Change your furnace filters at least once every 3 months. I even suggest changing them once a month in the winter.
- Remember:** Maintaining indoor air quality is your responsibility

## Managing Humidity levels

Your home came equipped with important systems in the furnace room that regulate your indoor air quality. Managing those systems are important to control your humidity levels.

## Furnace Humidifier

Your furnace humidifier is installed directly onto your main heating and cooling system. It is generally located on either the return or supply ducts of your furnace. It works by using an internal fan to pull air and add moisture to the air cycling through your furnace.



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## Dehumidifier

It should be set up to drain into the floor drain. Or depending on the make of your humidifier, you may simply have to change the bucket when full. Set it to 50%. If it senses under 50% humidity level, it will start running. If the humidity level is 50%, it will turn off.

## ERV (Energy recovery ventilator)

Your Energy Recovery Ventilator has a 20 min setting. Set it to the max during activities where a high amount of moisture will be produced, such as during a social gathering, large amounts of cooking or if the humidity level is high. The ERV is an important part of your furnace room because it brings in fresh air and exchanges it for stale air.

## Simple tips from Mike Holmes:

- Monitor the humidity levels
- Control high humidity levels by using your humidifier
- Turn your extractor fan on in the kitchen to prevent the moisture build-up, and leave it on for longer than you are cooking. Same goes for when you are showering.
- Open your windows for 10-15 minutes every day.
- Avoid drying your clothes indoors.
- Do not turn your ERV off. It is designed to run continuously. Turning off your ERV interferes with the moisture balance.