HEALTHY LIVING

How to aerate right

4 good reasons for efficient aeration:
- Maintain the health
- Get enough oxygen
- Evacuate humidity
- Eliminate pollutants

Transversal aeration
1-5 Minutes, at least 3 to 4 times a day, opposite windows/doors simultaneously.

Kick aeration
5-10 Minutes, 3 to 4 times a day, the windows of a room completely opened.

Avoid tilted windows
However it is wrong to have tilted windows in winter times for a long time! Tilted windows are bad, because they cool down also the walls. This is propitious for mould to form.

What to do against mould?

The causes
Mold spores are always in the air. Whenever they find on surfaces the appropriate humidity and nutriments, the surfaces become mildewed and the concentration of spores increases. The threat for mould to form is higher on badly isolated external walls when the humidity in the air is high too, or when furniture is located near to external walls and no air can circulate. Mold can develop also in badly aerated bathrooms and in cold window niches.

This is how NO mould will form
- Right aeration
  › The hygrometer that measures the relative humidity in the air shall now be above 60 %.
  › No permanently tilted windows in order to avoid mould to form near the window.
  › When drying laundry in the flat aerate more often.
- Heat but in the right way
- Heat rooms that are used regularly sufficiently (16–20 °C when the humidity in the air is high)
- Clean living space
  › Wipe condensed water on windows and wall frames dry.
  › Wipe the bathroom after the shower/bath dry and aerate it.
- Do not position furniture next to an external wall or keep at least a distance of minimally 10 cm to the wall.
- Repair construction defects (for instance beheben (z. B. rain pipes)
- Consider surface materials (no wall papers, no gypsum plaster board, better use pure lime plaster or lime wall colours).
- Small mildew or mold stain (below half a m²) can be eliminated with spirit (from the building supplies store) or ethyl alcohol (70 % alcohol from the pharmacy).
More mould information:
Information leaflet „Mould“ and leaflet „Aerate Right“: www.umweltberatung.at/downloads

Questionnaire on self assessment regarding the mould risk (in German)
www.wien.gv.at/wohnen/gesund-wohnen/schimmelpilz

Useful Addresses

**MA 50 – Gruppe Schlichtungsstelle**
Mo, Wed: 8-13 h, Thu: 15.30-17.30 h
1190 Vienna, Muthgasse 62, Riegel E, 1. Stock, Top 1 1.42
(01) 4000 74498
www.wien.gv.at/wohnen/schlichtungsstelle
www.mietenrechner.wien.at
www.betriebskostenrechner.wien.at

**Mieterhilfe-Telefon**
Rasche und kostenlose Antworten auf alle Wohnrechtsfragen
Mo-Fr: 8-17 Uhr
4000-25900 oder 4000-8000
www.wohnservice-wien.at
www.mieterhilfe.at

**Mietervereinigung Österreich**
(necessary membership)
Mo -Thu: 8.30–17 Uhr, Fr: 8.30–14 Uhr
Hauptsitz: 1010 Vienna, Reichsratstraße 15
(01) 40 185
www.mietervereinigung.at

First counseling free of charge (ev. in other languages) in some field offices mostly 1x per week possible