

Why should you care now?

Our homes get warmer and cheaper to heat. And the fresh air?



1 Fresh air came in by itself

Older homes let air in through gaps around windows and doors, and through the letterbox. It cost heat, but it also brought in some fresh air, and nobody had to think about it.



2 We are closing the gaps

Energy is expensive, so we insulate, replace window frames and seal gaps. Many people heat less, and some keep grilles and windows shut. Good for the energy bill. But the fresh air that came in by accident is gone.

3 Which home do you have?



Grilles above the windows, or no grilles

Most homes, also many built after 2000. Fresh air for the bedroom comes only through the grille or the window; a fan in the kitchen or bathroom often only takes air out in those spaces. Grille shut? Then hardly any fresh air comes in. And many people keep the fan on its lowest setting because of the noise.



Supply vents in every room (balanced ventilation, HRV)

About 1 in 4 homes built since 2000. The system brings fresh air to every room, also with the windows shut. Usually better, if it is well installed and not left on the lowest setting.

4 Good intentions, worse air

Insulating and saving energy are good things to do. But in a home of the first kind they can make the indoor air noticeably worse, without anyone meaning to.

5 You don't notice it

You get used to stale air within minutes. Health complaints related to air quality are vague and hard to link to the air. A CO₂ meter shows what you cannot sense.

6 “Insulation and ventilation go hand in hand”. But what is ventilating?

What the advice often leaves unsaid:

- Ventilating means fresh outdoor air coming in day and night. Airing a room for a short while is not the same.
- An air conditioner does not ventilate. It cools the air in the room but brings in no fresh air.

That is why we ask for attention

We, members of the city council of Diemen, want clear information about what ventilating means in your kind of home, and CO₂ meters that residents can borrow. What can you do yourself? Read the guide.

Sources: on the website, via the QR code.

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The guide
and our sources