



# Humidity

## Tips For Controlling Your Homes Moisture Level

Humidity

Humidity is the amount of moisture or water vapor in the air. People tend to feel more comfortable when the relative humidity is between 35-55%. If the humidity is too low, people may be left with physical discomforts such as: dry nose, throat, lips, and skin. Low humidity may also wreak havoc on your home causing static electricity, cracks in furniture, flooring, cabinetry, paint, and peeling wallpaper. High levels of humidity may cause rooms to feel “stuffy” as well as causing wood to rot, water condensation on windows, and allow biological contaminants to thrive.

### Symptoms of too much humidity:

- \* Condensation on windows
- \* Wet stains on walls and ceilings
- \* Moldy bathroom
- \* Musty smell

### Symptoms of too little humidity:

- \* Chapped skin and lips
- \* Scratchy nose and throat
- \* Static and sparks
- \* Problems with electronic equipment

Knowledge and proper use of a humidifier (add humidity) or dehumidifier (remove humidity) can help prevent damage from too much or too little air moisture. There are 4 general types of humidifiers:

Ultrasonic - creates a cool mist with ultrasonic sound vibrations

Impeller (cool mist) - produces a cool mist with a high-speed rotating disk

Evaporative - transmits moisture to air by using a fan to blow air through moistened material

Steam Vaporizer - creates steam by heating water with an electrical heating element

There are 3 general types of dehumidifiers:

Heat pump - draws moist air over coils close to freezing causing water to condense and drain away

Chemical Adsorbent - absorbs moisture from air with a drying agent located on a heat exchange wheel

Dehumidifying Ventilator - is a sensor controlled exhaust fan you manually control by setting the desired humidity level.

Different units each have their own advantages and disadvantages, and which device you choose should depend upon how and where you plan to use it, the noise level you wish to deal with, your willingness to clean and maintain it, and how much you are willing to spend. Be sure to research each of these variables before making a purchase of a humidifier or dehumidifier.

### Tips for using humidifiers and dehumidifiers:

- Unplug, empty the tank, wipe all surfaces dry, and/or refill the water in portable units daily to reduce microorganism growth.
- Use water with low mineral content to prevent the buildup of scale and mineral dispersal in the air.
- Follow manufacturer’s instructions on the use of cleaning products and disinfectants.
- Do not allow humidity to become excess of 55% or lower than 35%. Levels above 55% encourages the growth of biological organisms and levels lower than 35% could cause chapped lips and skin, scratchy nose and throat, breathing problems, and static. Digital hygrometers, available at hardware stores, can measure humidity in your home to ensure it is staying between these levels.

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