

Fall home care tips

Health dangers of excess moisture

Did you know that excess levels of moisture or relative humidity in your home provide ideal environments for contaminants like mold and dust mites, which are known allergens for many people? Elevated levels of moisture can also contribute to structural damage within a home's walls, attic, foundation and exterior.

Fortunately, there are steps you can take to regulate the level of humidity in your home. Here are some helpful tips from, Gerry Gagnon, Product & Market Manager for Venmar Ventilation, the country's leading experts in indoor air quality management, to help you control the potential hazards created by excess moisture.

- Daily activities in the kitchen and bathroom can introduce large amounts of water vapor and other contaminants into the home. Install and maintain hood exhaust fans of sufficient capacity over your kitchen range and in your bathrooms. Locate intakes where they can capture the most moisture and make sure that bath vents exhaust air outdoors and not into your attic or other interior space.

- Elevated levels of humidity can cause moisture problems including window condensation, structural rot and mold growth. To help control humidity and remove excess moisture levels from your home, consider installing a mechanical air exchanger system.

"For exceptional results, you can look to the most recent innovation in the industry - Venmar's air exchanger,"

Gagnon said. "Venmar is the first manufacturer of ventilation systems to offer a unit that integrates heat recovery ventilation technology with HEPA filtration at an affordable price."

- The system works to provide fresh air through ventilation and at the same time ensures the best indoor air quality by trapping airborne allergens such as pollen, dust, pet dander mold and bacteria through its HEPA filter system."

- The exterior and interior of a home should be well-caulked, especially around windows and vents, to prevent water leaks. Without caulking, mold growth and structural problems may occur. "If you are building a home, insist that your builder install a proven waterproofing system, drain tile and vapor retarder to your home's foundation," Gagnon added. "A water-managed foundation can greatly improve indoor air quality by preventing problems associated with moisture."

- Make sure a home's roof and windows are in good shape. Water leaks, condensation and elevated levels of humidity may not be visible, but moisture in interior wall spaces can encourage mold growth and structural degradation.

- It's important to route water away from your home's foundation. Keep gutters and drains clean and in good repair. Be sure downspouts have a five percent slope to carry water away from your foundation. More information on the benefits of ventilation is available at www.venmar.ca.

— News Canada



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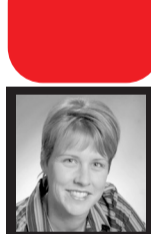


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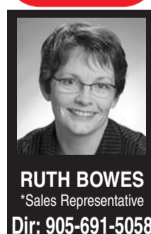


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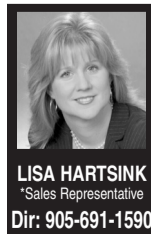
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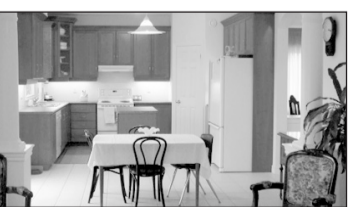
PARK SCHOOL DISTRICT



LISA HARTSINK
*Sales Representative
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EXTRA DEEP PREMIUM LOT



Sought after Charleston "The Abbey" model. Features four bedrooms with over 2700 square feet living space. Backs onto clear field with no neighbours to the immediate south. Cathedral ceilings and large windows in the Great Room, cherry cabinets and 9' ceiling in kitchen. Formal dining room with decorative columns, hardwood floors, main floor office, laundry and walkout to double garage. Visit www.ruthbowes.com for additional photos.

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