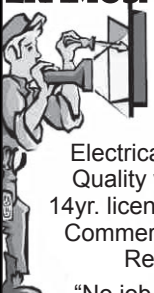


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A: Most of the humidity in your house is a result of people, baths, showers, cooking, pets, aquariums and storage of heating wood in the basement.

Q: What should the ideal humidity level be in my house?

A: The ideal humidity in winter months should be between 30% and 40%, although our body would like to have about 50%, but our houses, more specifically our windows, are not capable of sustaining such a level without condensation during the winter time. In the summer, it should be between 40% and 60% since each person is different, the level may vary slightly.

Q: What are the problems related to excess humidity?

A: Excess levels of moisture or relative humidity provide ideal environments for contaminants like mold and dust mites to grow, which are known allergens for many people. And when the humidity in the air is transformed to condensation (or water) it can also contribute to structural damage within a home's walls, attic, window frames, foundation and exterior.

Q: What are the advantages of having an air exchanger system?

A: An air exchanger system helps to control the humidity level and reduces the concentration of pollutants inside your home. Opening the windows of your house will not only change the air; it will also allow pollutants (pollen, allergens, etc.) to enter your environment. A central air exchanger system filters the particles from the air that enters your house.

Studies clearly show that the air quality of your house can affect your health. It is therefore important to eliminate

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