An ideal energy-efficient home is airtight and well insulated, with a ventilation system that ensures a good indoor air quality to keep you healthy.

Poor IAQ can pose serious health risks: in the short term, it can lead to coughing, sneezing, fatigue and headaches. In the long run, poor IAQ is connected with a range of undesirable health effects.

In the European Union, every year two million healthy years are lost due to poor indoor air quality.

Buildings account for approximately 40% of the EU’s overall energy consumption and for 36% of the EU’s overall emissions of greenhouse gas.

People who spend a lot of time in poorly ventilated rooms have a 50% higher risk of developing allergies.

This not only means a loss in productivity, it is also places a heavy burden on our healthcare systems.

Being able to effectively renew indoor air while maintaining its quality will help the EU achieve its environmental objectives.
Every day we are cooking, bathing, cleaning or adjusting the heating periodically to maintain a comfortable temperature.

All of these activities can lead to the creation of Volatile Organic Compounds (VOCs) or moisture within the air.

For example, the average family of four produces ten litres of moisture per day.

Going beyond what we generate ourselves, the home itself can increase moisture levels through condensation because of inadequate ventilation to remove the moist and/or stale air.

Any householder should benefit from a well-insulated and ventilated home.

**EU Call to action**

- Recognising the key role of ventilation to address poor IAQ
- Promoting systems and solutions that result in good Indoor Air Quality & low energy consumption
- Setting the mandatory inspection of stand-alone ventilation systems to ensure optimal performance
- Raising awareness among consumers about how they can influence IAQ

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**European Ventilation Industry Association**