

Relative Humidity

Air Quality

Your Health

Your Home

34% or lower

Poor

-Allergens dry out and can become airborne, causing eye and breathing irritation
-Dry and irritated skin
-Dry, irritable eyes
-Breathing irritation/problems
-Throat irritation
-Sinus swelling and irritation
-Hair becomes dry and splits

-Wooden furniture and flooring can dry out, warp and crack if the air is excessively dry
-Houseplants can suffer in low humidity, depending on their genus

35-39%

Acceptable

The lower limit of the acceptable range.

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40-50%

Ideal Range

51-55%

Acceptable

-Some risk of mould growth of an increase in dust mite numbers
-Some risk of condensation forming and mould growth as a result

56%+

Poor

-Dust mites thrive and multiply, affecting those with asthma and allergies
- Increase in the amount of bacteria found in the home, leading to illness
- Excessive sweating

-High risk of condensation forming - Damp smell in the home
-High risk of unprotected timber absorbing humidity, risking fungal decay or insect infestation
-Peeling wallpaper and paint
-Mould forming on clothes and

