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## HUMIDITY MATTERS

### **“WHAT’S THE *BEST HUMIDITY TO HAVE INDOORS IN WINTER?*”**

In Minnesota, we have a climate that experiences an **extreme swing in temperature**. We have dry, freezing winters and hot, humid summers.

To protect our homes from these peaks, **a good rule to remember is that *humidity should remain between 30-50% year round and consistency is key.***

**Indoor humidity of less than 30% can cause another set of issues for home occupants such as:** dry skin and hair, bloody noses, and other discomforts. Your home will feel it too. Wood floors and furniture will separate and loosen.

***Home humidity is a balancing act.***

#### **MINNESOTA OFFICE OF ENERGY SECURITY GUIDELINES:**

##### **OUTSIDE TEMP / INDOOR TEMP (should not exceed)**

20 to 40 F	40%
10 to 20 F	35%
0 to 10 F	30%
-10 to 0 F	25%
-20 to -10 F	20%
Lower than -20 F	15%