

Dehumidification... Breathe the Difference

Did you know that using a dehumidifier in your home not only freshens the air but can also improve the air quality? It's true! Dehumidifiers extract moisture from the air, creating a more comfortable, healthy environment. Read on to learn why a dehumidifier is the right choice for healthier air in your home.

The right choice for a healthier home

You've heard the adage, 'It's not the heat, it's the humidity!' High humidity levels can be uncomfortable, but they can also mean excess moisture that contributes to unhealthy air in your home. Dust mites, molds, bacteria and other organisms that can cause respiratory problems thrive in moisture-ridden and high humidity areas. Some signs that excess moisture is present are condensation on windows, peeling wallpaper and damp patches on walls and ceilings. Using a dehumidifier decreases the humidity in your home and helps decrease the occurrence of these moisture-loving predators – making your home healthier and more comfortable.

“When humidity levels are high, molds can be a problem in bathrooms, kitchens, and basements. Make sure these areas have good air circulation and are cleaned often. The basement, in particular, may need a dehumidifier.”

American Lung Association
www.lungusa.org

“Damp indoor air can be a breeding ground for molds, bacteria and other organisms that are known to cause respiratory and other problems for people. A dehumidifier can reduce dampness in indoor air and cut down on these kinds of “unwanted houseguests” for healthier indoor air.”

Robert E. McAfee, M.D., Portland, Maine
Past President, American Medical Association

Healthier air with a dehumidifier – Here's how!

Look for an energy-efficient dehumidifier with:

- A signal light indicating the container is full.
- An automatic turn-off switch that shuts the unit off when the container is full.
- An automatic humidistat that maintains the desired humidity level.
- A hose connection that allows the unit to drain directly into a floor drain and allows the dehumidifier to keep working all the time.
- Dehumidifiers are available at most appliance or home improvement stores.
- An anti-frost sensor for operation in cooler areas.



**CENTRAL MAINE
POWER**

What size is right for me?

Dehumidifiers come in a range of sizes – most commonly 25 to 30 pints, 40 to 45 pints, and 50 to 65 pints. This rating is based on how much moisture the unit can remove from the air in a 24 hour period. Larger capacity dehumidifiers remove moisture from the air faster than do smaller units and are able to handle a greater range of humidity levels. An adjustable humidistat, which most units have, automatically operates the dehumidifier to maintain the humidity level you select.

Select an energy-efficient dehumidifier based on the pints per 24 hours it can handle given the room size and dampness levels. For example, a very damp 2,500 square foot area would require at least a 32-pint capacity unit. Take a look at the chart for other sizing information.

Safety tips:

- Make sure the dehumidifier is plugged into a properly grounded outlet.
- Be safe – don't put a dehumidifier in an area where there is standing water.
- Empty the water in the dehumidifier and clean the container often to prevent it from forming mildew.
- Always read and follow all manufacturers' instructions for safe operation.

Dehumidifiers for Improved Health and Comfort!

Removes excess moisture
Improves indoor air quality
Gets rid of musty odors
Humidity control
Turns stale air into fresh!

Comfortable – healthier, drier air at your fingertips
Helps control common allergens
Options – drain hose fitting for the most convenient operation
Improves your comfort
Convenient – just plug it in and set the humidity control
Easy to use – and portable too!

What Size Do I Need? (pints per 24 hours)

Condition before using dehumidifier	Area to dry (square feet)				
	500	1000	1500	2000	2500
<i>Moderately damp</i> – Feels damp and has musty odor only in humid weather.	10	14	18	22	26
<i>Very damp</i> – Feels damp and has musty odor. Damp spots show on walls and floor.	12	17	22	27	32
<i>Wet</i> – Feels and smells wet. Walls or floors sweat or seepage is present.	14	20	26	32	38
<i>Extremely Wet</i> – Laundry drying, wet floor, or other sources of moisture.	16	23	30	37	44

Source: Association of Home Appliance Manufacturers

Use a dehumidifier to make your home:

- Healthier – stop mold growth
- Fresher – eliminate stale odors
- Drier – protect furniture and clothing

“By decreasing the mold spores in the air, the dehumidifier has helped to insure better respiratory health for our family.”

Mary G.
Portland, Maine

Tip: Keep relative humidity levels below 50% to control dust mites and mold growth (common allergens!) – they can't survive this lower humidity. And, you and your family will breathe easier.



Heather, Customer Relations Specialist