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## HUMIDITY CHART

**Recommended Interior Relative Humidity**  
*(Assumes 70 F indoor air temperature)*

### Outside temperature

### Maximum indoor humidity level

-30 F or below

-- not over 15%

-20 F to -10 F

-- not over 20%

-10 F to 0 F

-- not over 25%

0 F to 10 F

-- not over 30%

10 F to 20 F

-- not over 35%

20 F to 40 F

-- not over 40%

**\*\* Winter - Never Over 40%    \*\* Summer - Never Over 60%    \*\***

- TIPS:**
- \* This chart is a rough guide. RH should be between 30 – 50%. Adjust accordingly to your home's conditions, i.e. more occupants create more moisture.
  - \* Measure with an inexpensive Hygrometer.
  - \* If your windows are sweating on the interior, it's too high.
  - \* Control relative humidity with a dehumidifier in the Summer (in basement).