

HOME HUMIDITY CHECKLIST

Answer “yes” or “no” to the questions below

Signs Your Humidity May Be Too High (Above 60%)

1. Do your windows often have condensation or fog on the inside?
2. Do you notice musty odors, especially in closets, bathrooms or basements?
3. Have you seen mold or mildew growing on walls, ceilings or vents?
4. Does your home feel sticky, even with the A/C running?
5. Do your clothes or towels take a long time to dry indoors?
6. Do you or family members have increased allergy or asthma symptoms?
7. Does wood in your home (floors, furniture, doors) feel swollen or warped?

If you answered “Yes” to three or more, your home likely has excess humidity.

Signs Your Humidity May Be Too Low (Below 30%)

1. Do you often experience dry skin, scratchy throat, or irritated eyes indoors?
2. Does your wood furniture or flooring show signs of cracking or splitting?
3. Do you get frequent static shocks in the house?
4. Do houseplants dry out quickly, even when watered regularly?
5. Does your nose feel dry or your lips chapped while indoors?

If you answered “Yes” to two or more, your home may have dry air, especially in cooler months.

