

# Ventilation Systems



**Building-science research has shown** that the best way to achieve a comfortable, energy-efficient home is to build it tight by sealing air leaks and insulating properly, and to provide adequate ventilation to replace stale indoor air with fresh air from the outside.

All New York ENERGY STAR® Labeled Homes are equipped with a quality ventilation system to help ensure optimum indoor air quality.

“In our old home, my son, an asthmatic, had an attack every time he caught a cold. But since we built our New York ENERGY STAR Labeled Home, he’s rarely sick, and if he does catch a cold, there are no accompanying asthma attacks.”

—Darlene McGrath, homeowner

The continuous supply of fresh air helps to eliminate common household contaminants and dust particles. New York ENERGY STAR Labeled Homeowners often report experiencing fewer colds and allergy symptoms.

## Ventilation options for New York ENERGY STAR Labeled Homes:

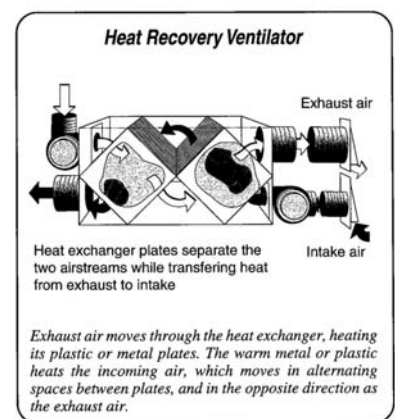
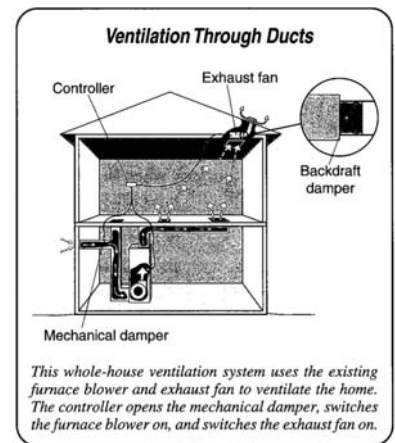
**1) Exhaust-only (good):** Exhaust-only fans simply expel indoor air to the outdoors. Fresh outdoor air is introduced by pulling it from the outside by way of the small cracks and leaks in the house.

### 2) Simple balanced ventilation (better):

Indoor air is expelled from the living areas to the outdoors. However, fresh air is drawn back into the house through a small inlet duct connected to the outside. Balanced ventilation systems offer improved indoor air quality levels and reduce the risk of back-drafting the home’s furnace or boiler.

### 3) Heat-recovery ventilation (best):

An advancement of the simple balanced ventilator, this system expels indoor air while fresh air is drawn from the outside. Heat recovery ventilators (HRVs) go one step further by recapturing heat that would otherwise be exhausted and wasted.



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Ask your builder about ENERGY STAR.



New York ENERGY STAR Labeled Homes  
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