

Indoor Humidity Chart

The healthy range is 30-50%. Here is what each reading means and what to do about it.

READING	WHAT IT MEANS	WHAT TO DO
Below 25%	Static shocks, nosebleeds, cracked wood and furniture joints	Humidify
25-30%	Typical heated house in winter; dry skin and airways	Humidify toward 40%
30-40%	Low end of healthy - fine in a hard freeze	Acceptable
40-50%	The comfortable middle	Target
50-60%	Dust mites thrive; cold surfaces begin to sweat	Ventilate
60-70%	Mold takes hold on cold walls and behind furniture	Dehumidify
Above 70%	Active mold and dust-mite risk; damage to plaster and framing	Find the source

Source: EPA and ASHRAE indoor air guidance.

Free to reuse and reprint with attribution to humidityinhouse.com/guides/humidity-chart/