

What's condensation?

When warm air meets a cold surface like a wall, glass or tiles - water droplets form. These droplets are called condensation.

What's mould?


Mould is a fungus, a plant that will grow wherever there is moisture. Mould can appear as black pin pricks on walls, ceilings, sealant, furnishing and clothes.


What happens if I have a lot of condensation?

When moisture doesn't dry out properly it can cause damp. Bad damp and mould are harder to remove and can make your home smell musty.

Dust mites can multiply in humid conditions which can affect people with asthma.

Do you know how much moisture you're producing?

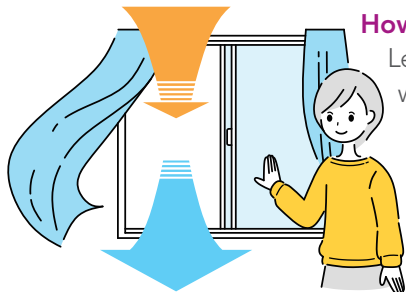
Having a bath/shower = **1.5 litres per person** 

Washing dishes = **1 litre** 

Drying clothes = **6 litres** 

Cooking and using the kettle = **3 litres** 

If you don't let this moisture out, it can cause damp in your home and the right conditions for mould to grow!



How can I reduce moisture in my home?

Let fresh air into your home for an hour each day. This will replace the moist air with drier air from outside.

Open windows slightly – upstairs and downstairs at opposite ends of the house.

Leave internal doors open so air can move around.



Windows, doors and vents

- Wipe condensation off your windows
- Keep curtains open during the day
- Leave trickle vents on windows open all year round
- Never block or cover air brick vents



Heating

- Turn your heating on at least twice a day - early morning and evening
- Set your thermostat between 18 - 22 °C
- Don't dry clothes on radiators. A clothes horse can be used in front of an open window, away from any radiators



Cooking and bathing

- If you have extractor fans, always use them when cooking or bathing
- Use lids to cover pots when cooking.
- Fill your bath with cold water first and then add hot water, this reduces moisture by 90%
- After bathing, leave the bathroom window open for 30 minutes and dry the sealant around your bath/shower
- Keep your kitchen and bathroom doors closed during and after use



Decoration

- Treat any mould in your home using over the counter anti mould sprays or paints
 - Keep furniture and belongings away from your walls. Leave a two inch gap to let air flow behind them
 - Make sure walls and ceilings are in a good condition, we recommend that you decorate every three years
 - Don't overfill wardrobes
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