

Damp, mould and condensation

How to prevent it in your home



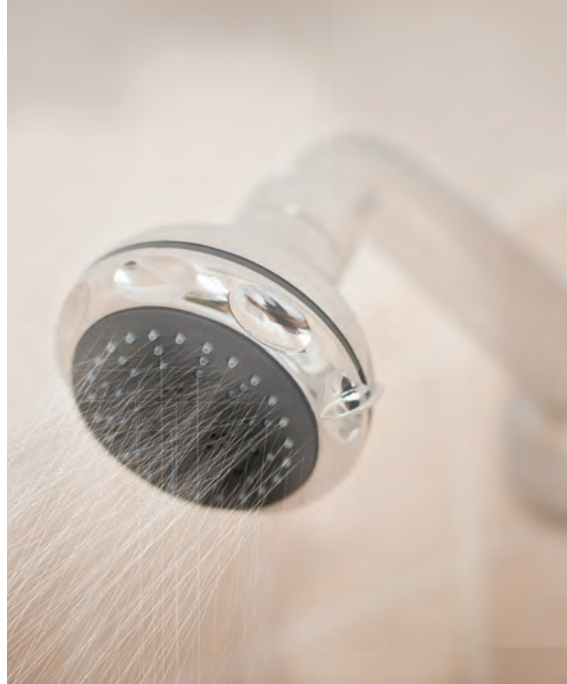
This leaflet contains information about damp, mould and condensation and how you can prevent it in your property and keep your home dry.

What is condensation?

There's always some moisture in the air, even if you can't see it. Everyday things like cooking, washing, drying clothes and bathing release moisture into the air.

When excess moisture settles on a cold surface, for instance a wall or window, and in places where there is little movement of air, such as behind furniture, it appears wet – this is called 'condensation'.

If condensation occurs on the same surface for long periods of time, for example a wall, it becomes damp and mould will usually grow. Mould may damage the internal walls, furnishings and decoration, and even clothes in wardrobes.



How to prevent condensation

To prevent condensation in your home, follow these simple tips.



Ventilate your home

- Open kitchen and bathroom windows when the room is in use to allow steam to escape
- Move furniture away from walls to allow air to flow and do not overfill cupboards
- If your extractor fan is not connected to your bathroom light, it should be switched on at all times in order to dry out your bathroom.
- Don't block air vents in your home
- If you have trickle ventilators (the small vents built into modern windows), keep them open.

Regulate your heating

- In cold weather the best way to avoid condensation is by keeping background heating on low all day
- If you don't have heating in every room then open doors to these rooms and let the air circulate
- Avoid using paraffin or portable gas heaters - these add moisture to the air.

Produce less moisture

- When cooking, keep internal doors closed to avoid moisture spreading to other parts of your home, and cover pots or pans with lids where possible
- Avoid leaving water in the sink where it can evaporate
- Ensure that tumble dryers are vented outside (or positioned in a ventilated room if they are the self-condensing type)
- Avoid drying washing on a radiator
- Dry washing outside whenever possible or put it in the bathroom with the door closed and the window open or extractor fan running
- Wipe down windows, windowsills and even walls regularly, preferably daily, to prevent the build up of condensation
- Do not fit shower hoses to baths unless your bathroom has adequate ventilation.



Treating mould

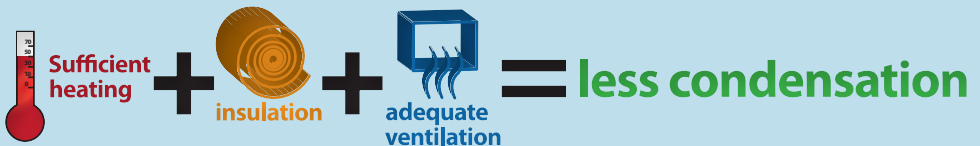
Mould can appear in a variety of forms, but it usually develops as small black spots and can grow on walls and ceilings, even if they have been decorated.

You can remove mould in the following ways:

- Use a household mould cleaning product
- Keep window vents open, especially in bedrooms which are closed off and therefore have poor air flow for longer periods.

Once the mould has been removed, we suggest that you redecorate using a good quality fungicidal/anti-mould paint.

The control of condensation requires a combination of sufficient heating, ventilation and insulation.



This leaflet can be translated into other languages, large print and Braille or recorded on to an audio CD. Please contact your local office for details.

0800 131 3348 (landline) 0300 123 3511 (mobile)

contactus@sanctuary-housing.co.uk

www.sanctuary-housing.co.uk

@HelloSanctuary

Sanctuary Housing Association, an exempt charity.