



HOW TO KEEP YOUR HOME FREE FROM DAMP AND MOULD



## **Condensation** is the most common form of damp in homes.

It appears when excess moisture in the air comes into contact with a cold surface, such as a window or a cold wall. It can lead to mould growth and tends to be worse in winter.

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Did you know lots of moisture is created in your home every single day. A family can create over 9 litres of moisture in the home just by cooking, bathing, washing and drying clothes.

If your home isn't ventilated this moisture stays in your home creating condensation leading to damp and mould.



## **TOP TIPS**

- When you can dry washing outside. If you are unable to dry washing outside try a clothes horse in your bathroom, turn on your extractor fan, open the window and close the door.
- When carrying out everyday activities that produce steam like cooking, taking a shower or boiling the kettle be sure to turn on your extractor fan, open the window and close the door to that room.
- Air needs to flow around a room so try to avoid pushing furniture tight against walls.
- If possible, try to close bedroom doors at night and open a window slightly to allow ventilation or use trickle vents.
- You can remove the mould with an anti-fungal, anti mould spray.
- Try to keep your home at a constant temperature between 18 to 21 degrees.
- Try to keep your radiators clear of obstructions such as curtains and furniture.









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