

# A guide to preventing condensation and mould in your home



# Introduction

Mould can be caused by condensation. This booklet explains how, where and why mould forms and gives tips on how to prevent it occurring and how to deal with it, if you find it in your home.

## What is condensation?

Condensation is where warm, moist, air meets a cold surface, and will appear as water droplets on cold surfaces such as walls, windows and mirrors. This is normally not a fault with the building or structure of your home. Condensation on windows should be removed as soon as it forms.

## The three main causes of condensation:

- Moisture produced by everyday activities
- Not enough ventilation
- Cold surfaces inside the home



# Where is condensation most likely to form?

In kitchens and bathrooms where cooking and washing generate steam that condenses on any cold surface, and in bedrooms overnight. In unheated rooms with cold walls or in any place where the flow of air is restricted such as

corners of rooms, behind or under furniture, or on windows behind curtains.

## What is mould?

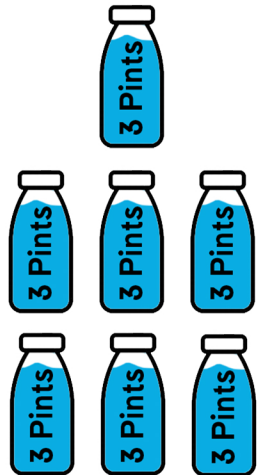
Mould is often black in colour, and grows in moist areas, usually as a result of condensation.

Cooking, drying clothes – even breathing – add to the moisture in the air. If this moisture is allowed to build up it can lead to condensation. This can cause black mould growth on walls, ceilings, furniture and clothing.

Mould usually forms as clusters of black spots, usually in corners, behind furniture or close to the floor.

## How much moisture can be produced in your home in a day?

- Two active people - 3 Pints
- Cooking & using a kettle - 6 Pints
- Running a bath or shower - 2 Pints
- Washing Clothes - 1 Pint
- Drying Clothes - 9 Pints



**21 Pints in total!**

# What you can do?

1

## Minimise the moisture in your home

- Open a bedroom window in the morning to let the air out.
- Most windows have trickle vents, small ventilators, in the top of the frame. If these are left open they reduce the risk of condensation forming on the glass.
- In the kitchen and bathroom where walls can become wet, it's important to ensure these rooms are ventilated every day by opening a window, or using an extractor fan during cooking/ washing, until the room is dried out.
- Keep lids on pans when cooking.
- Avoid drying clothes on top or in front of radiators, instead dry them outside or in a room with an open window.
- If you use any tumble drier, it will spread a lot of moist air around your home. Ensure it's vented to the outside air or otherwise make sure this air is let out.



## 2

### Improve air flow in mould prone areas

- Keep furniture at least 50mm away from external walls.
- Prevent damp air spreading, keep kitchen/ bathroom doors closed when the room is in use.
- Homes that are overcrowded with possessions have less air circulation and mould becomes more likely.
- If you have an extractor fan, ensure that it works and it is always used during and after moisture-generating activities like bathing, cooking and drying laundry.

## 3

### Managing the Home

- If you have a loft, check it's insulated, and the insulation isn't being squashed by items.
- If you can, keep your home heated to 16 degrees celsius.
- Make sure to wipe condensation away, and dry the cloth outside the house. You can open the window and use a squeegee to make this easier.



## 4

### Heating your home safely

For your health and safety do not burn solid fuel or waste materials. You need our permission to fit a wood burner: these are very dangerous unless correctly installed by a qualified contractor. You must apply for our permission and we will assess each application.





## What to do if you have mould

Wipe condensation from surfaces with a dry cloth and open the window.

Wipe small dots of black mould with a specialist mould cleaner, or fungicidal wash. Follow safety instructions carefully – You may need to do this at least twice a month during the winter.

## Types of Damp

Damp. This is different from condensation. It arises when water gets into the building from outside or if a pipe leaks. If you notice rising damp or penetrating damp please contact our Customer Service Team to report the problem.

### Rising Damp

Rising damp is extremely rare and is caused by water soaking up a wall by no more than 1 metre. It almost never causes black mould.

### Penetrating Damp

This can be caused by leaks from windows, roofs or plumbing. This dries once the leak is fixed and will rarely leave black mould. on plastered surfaces it normally forms curved shapes and paint may flake off

## When to contact Housing Solutions

- If you have followed the advice laid out in this booklet but still have mould.
- If an extractor fan is missing, doesn't work well, or only works when light is switched on.
- If you have a bathroom without a window or extractor fan.
- If you have a loft with insulation less than 300mm / 12 inches thick, or unevenly laid, or squashed by possessions, or the loft hatch is uninsulated, we will talk to you about arranging to take your possessions out of the loft, and make sure the loft and the hatch are insulated correctly.

## REMEMBER

Heating & ventilation  
are the keys to prevention

Stay connected with us  
Contact us at  
[www.housingsolutions.co.uk](http://www.housingsolutions.co.uk)  
or by calling  
**01628 543101**



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