

# Keeping safe and well in your home

A guide to preventing condensation  
and mould in your home

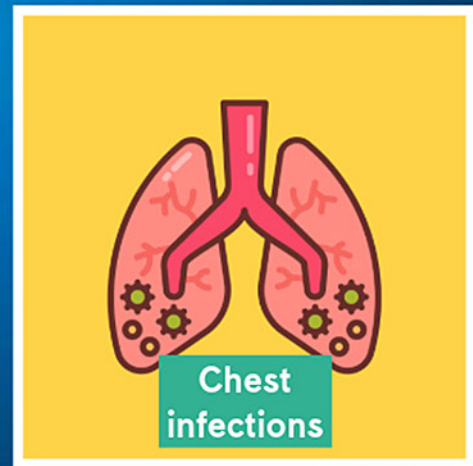
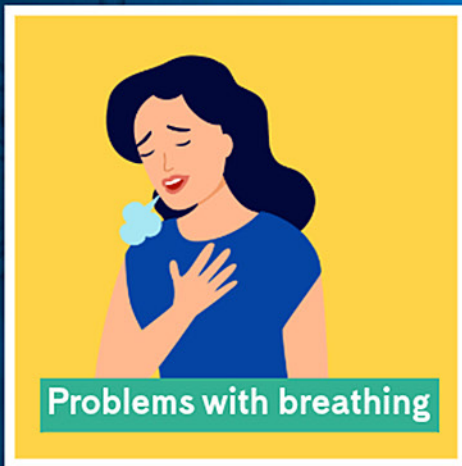


# Did you know...

Damp and mould can affect your lungs, skin, eyes, and make existing conditions worse. It can damage your home and belongings and can impact your health, especially if you're young, older or vulnerable.

If left untreated, and depending on the severity of the mould, over time it could affect your health.

## How mould affects your health?



# Stop mould moving in

This booklet explains how damp and mould form, how to prevent them, and what to do if you find them in your home.

Understanding what causes mould helps you stop it. Small changes can reduce moisture and keep your home healthier.

## What is condensation?

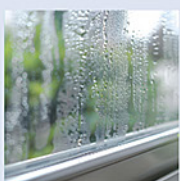
Condensation is water that forms when warm, moist air touches a cold surface like a wall or window.

### Common causes:

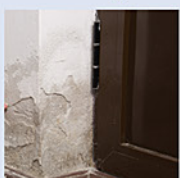
- Everyday moisture from cooking
- Bathing and showering
- Drying clothes indoors
- Even breathing adds moisture to the air

#### How moisture progresses

Condensation



Damp



Chest infections



Mould



# Where is condensation most likely to form?

Mould often shows up in rooms with lots of steam, like kitchens, bathrooms, and bedrooms - especially overnight. It can also grow in cold places or areas with poor airflow, like corners, behind furniture, or on windows hidden by curtains.

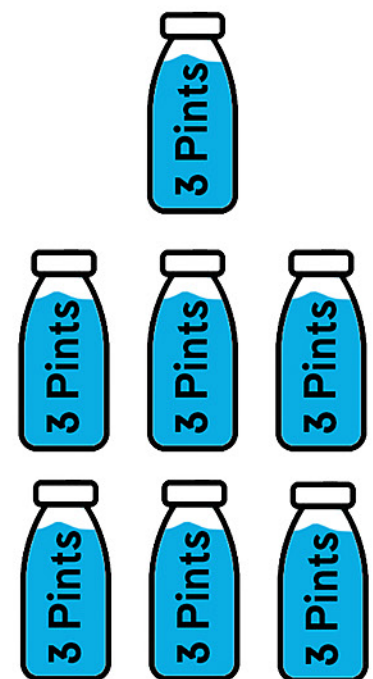
## What is mould?

Mould is usually black and grows in damp places, often because of condensation. Everyday activities include:

- Cooking and boiling the kettle
- Bathing and showering
- Washing or drying clothes indoors
- Even breathing adds moisture to the air!

## 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 |





## How condensation causes damp

When condensation keeps happening on the same cold surfaces, the materials become and stay wet. This is what we call damp. Damp patches often feel cold to the touch and can look darker than the surrounding area.

## Types of damp (and what they mean)

There are a few different causes of damp. Knowing which one you have helps us fix it faster:

### Condensation damp

The most common type - caused by everyday moisture, not enough ventilation and cold surfaces.

### Penetrating damp

Water getting in from outside due to leaks from windows, roofs or pipes. Once fixed the wall dries out.

### Rising damp

Very rare - moisture travels up from the ground to about 1 metre. It almost never causes black mould.

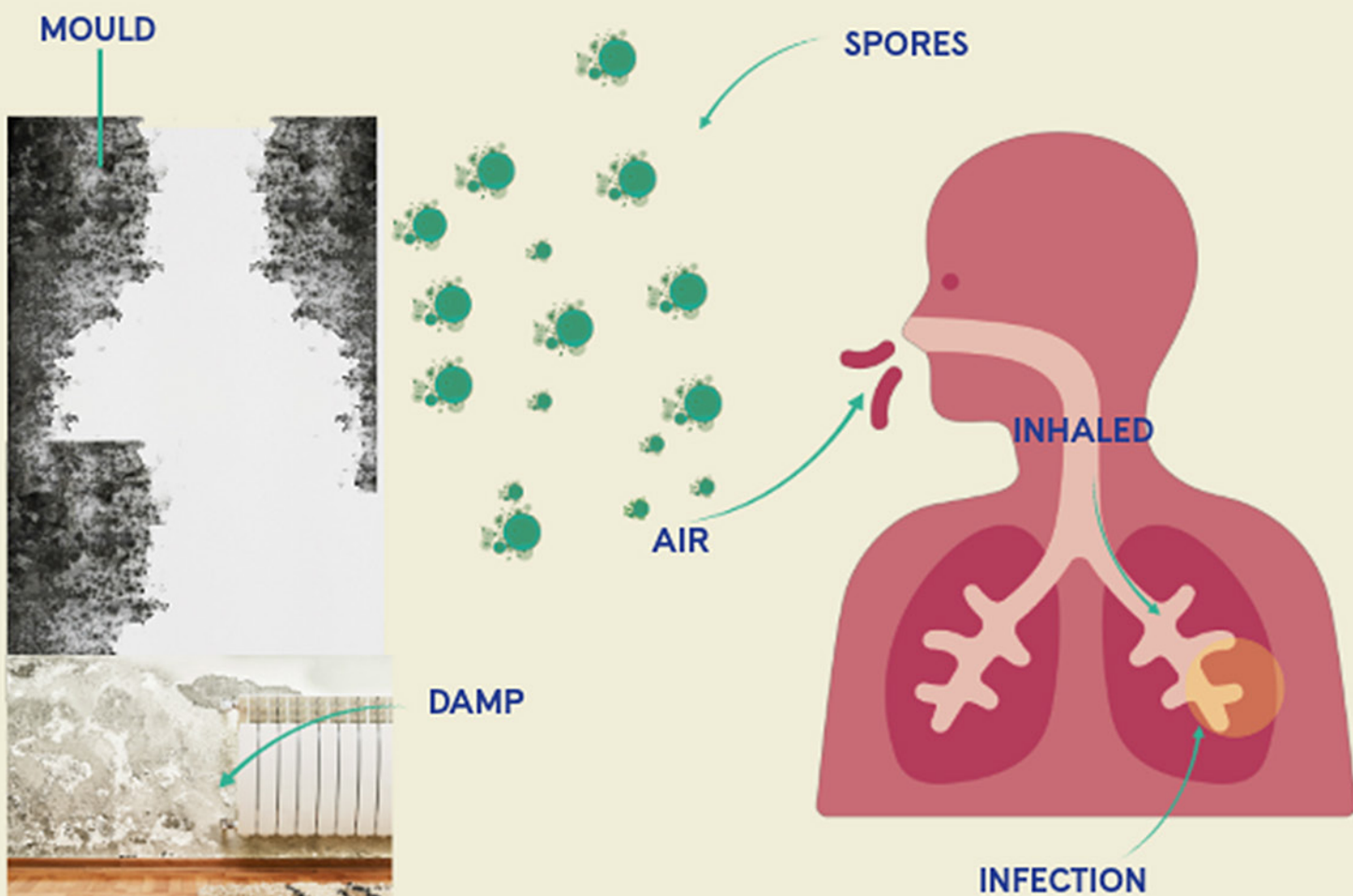


## How damp leads to mould

Mould is a type of fungus that thrives in damp places. It spreads by releasing tiny spores into the air.

When damp sticks around, mould can grow on walls, ceilings, windows, furniture or clothes.

## From wall to air to lungs



# What you can do?

1

## Minimise the moisture in your home

- Open your windows and trickle vents daily to let fresh air in.
- Ventilate kitchens and bathrooms
- Keep lids on pans when cooking.
- Dry clothes in a room with an open window, not on radiators
- If you use a tumble dryer, make sure the damp air can escape outside



## 2 Improve air flow to prevent mould

- Leave space - keep furniture at least 50mm away from external walls
- Keep kitchen and bathroom doors closed when in use
- Avoid overcrowding rooms to help air move around
- Use extractor fans when cooking, bathing, or drying clothes, and check they're working properly

## 3 Managing the Home

- Keep your loft space clear
- Try to keep your home heated to at least 16°C
- Wipe away condensation and dry the cloth outside. A window and squeegee can help.



## 4 If you find mould

- For small areas, use a mould cleaner (follow safety instructions)
- Don't dry-brush - this can spread spores
- Wear gloves and, if possible, a face mask. Bag used cloths and throw them away.
- If mould keeps coming back or covers a large area, report it to us





## Working together for a healthy home

We're committed to tackling any damp or mould withing our properties. We'll assess each case and inspect the home within 10 working days depending on the problem. You can read more about how we resolve damp and mould in our policy here : [Damp and Mould Policy](#)

## Report a problem



Scan here

- Scan the QR code above to report damp or mould
- We will assess the issue and book any repairs or treatment
- If helpful, we'll fit a temperature and humidity monitor - download our app to see updates and get tips

# 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**



Download  
the app!





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