

# CONDENSATION, DAMP AND MOULD

Information and Advice



This guide provides help and advice about condensation, damp, and mould. It covers most things that you need to know about reducing condensation in your home and preventing mould growth.

**Condensation** is the most common form of moisture in your home.

It occurs when warm moist air contacts colder surfaces. You can see this when the mirror mists up when you bathe.

Lack of adequate ventilation along with cooking, washing, and bathing can lead to a build-up of moisture within a property.

Left untreated, condensation can result in peeling wallpaper and paint, unsightly mould growth and damage to fabrics and clothing.

**Damp** is generally caused by failure of a property's structure and should not be confused with condensation.

There are 2 types of damp:

**Penetrating Damp**, when moisture enters your home because of an external defect, such as a crack in wall.

**Rising Damp**, usually when a property's damp proof course fails and moisture from the ground rises and damages plaster walls and decoration.

## How to reduce condensation in your home

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### Produce less moisture

- ✓ Reduce sources of excess moisture, for example stop drying clothes indoors or dry them in a room with a window open or in a bathroom with the fan switched off
- ✓ Ensure tumble dryers are vented externally and in accordance with manufacturer's instructions
- ✓ Cover fish tanks and remember that house pets produce moisture too

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### Control moisture

- ✓ When you wake up in the morning open your windows for a period
- ✓ Improve ventilation by opening trickle vents in windows and don't block them in winter months. Trickle vents are small opening in a window that allow air to pass from one side of the window to the other
- ✓ When cooking and bathing keep doors closed to prevent moisture travelling to other rooms
- ✓ Make sure to use your extractor fans in kitchens or bathrooms, **do not** switch them off!
- ✓ Try not to place furniture on walls that are external, if you can't do this at least keep it a distance away
- ✓ Wipe down surfaces, such as windows when moisture forms to prevent mould forming, particularly in the winter months

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### Keep your home warm

- ✓ Keep your heating levels at a constant level, somewhere between 18 and 20 degrees
- ✓ If you have storage heaters make sure that you are using them effectively
- ✓ If you are struggling to heat your home, let us know. We know that energy costs are high and may be able to help

# CHECKLIST



## How to remove mould .....

- ✓ **Treat** minor areas of mould with an approved mould and mildew treatment in accordance with manufacturer's instructions (available from supermarkets and most retailers from around £2)
- ✓ **Redecorate** once mould spores have been treated using a quality fungicidal paint to prevent moisture spores from growing back
- ✓ **Strip** any wallpapered walls that are contaminated with mould

## How to keep it away .....

- ✓ **Reposition** furniture in affected areas to improve ventilation
- ✓ **Ventilate** as much as possible, either mechanically using extraction fans or units or naturally by opening windows. This is particularly important when cooking and bathing and also when you wake up in the morning.
- ✓ **Windows** need to be regularly wiped down if they have moisture on them, especially in the morning. Try using a rubber squeegee or even better a rechargeable window vacuum. Make sure to wipe away the moisture you remove and don't leave damp cloths or towels hanging around in window sills
- ✓ **Heat** your home to a suitable temperature (somewhere between 18 -20 degrees)

## Do not .....

- ✗ **Isolate** or switch off extractor fans in the kitchen or bathroom
- ✗ **Block** or cover trickle ventilation in your windows or air bricks
- ✗ **Dry** large volumes of clothes on radiators, particularly during winter
- ✗ **Leave** condensation on windows or window frames

If you have followed the advice in this leaflet and are still suffering with mould growth or suspect that you have damp, please let us know. We will:



Stoke on Trent Housing Society  
The Trevor Jones Office, Hammond House,  
Ridgway Road,  
Stoke-on-Trent, ST1 3AX.

Tel: 01782 968566.

Email: [info@stokeontrenthousingsociety.org.uk](mailto:info@stokeontrenthousingsociety.org.uk)  
Website: [www.stokeontrenthousingsociety.org.uk](http://www.stokeontrenthousingsociety.org.uk)

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