

# How to Tackle and Prevent Mould in your Home

## Damp & Mould Guide



### CONDENSATION AND MOULD IN YOUR HOME?

The information provided in this guide aims to help you understand and effectively manage condensation and mould growth in your home.



### WHAT IS CONDENSATION?

Condensation is caused when warm, moist air hits a cold surface such as a window or external wall and condenses running down the cold surface as water droplets. If left this can develop into black mould which looks and smells bad, potentially leading to health issues, as well as damage to clothes, furniture, books, shoes and decorations.

### WHAT CAUSES CONDENSATION?

Water vapour is generated in your home in many ways but the main causes are:

- Steam from cooking and boiling the kettle
- Baths and showers
- Drying clothing inside
- Unsuitable venting of tumble dryers



**The best way to deal with mould is to remove it from walls using a special fungicidal wash which should be used in line with the manufacturer's instructions. Special paints are also available that will delay the return of the mould.**



**Unless you take steps to reduce condensation the mould will eventually grow back.**

## AREAS PRONE TO CONDENSATION

- Cold surfaces such as mirrors, windows and window frames
- Kitchens and bathrooms where a lot of steam is created
- External walls, walls of unheated rooms and cold corners of rooms
- Wardrobes/cupboards and behind furniture against an external wall and a lack of ventilation



## HOW TO REDUCE CONDENSATION

The four main elements to be aware of when dealing with a condensation problem;

- **Heating** - Condensation is most likely to be a problem in homes that are underheated. Try, where possible to keep temperatures in all rooms to above 15 °C as this will reduce condensation
- **Ventilation** - Condensation will occur less if you allow air to circulate freely. Make sure vents and airbricks are not covered or obstructed
- **Excess Moisture** - Condensation in the home occurs when there is too much moisture in the air. Take steps to reduce the amount of moisture in the air
- **Lack of Insulation** - This could be cavity wall, loft or floor insulation

# TOP TIPS TO REDUCE THE AMOUNT OF MOISTURE IN THE AIR :



In cold weather try and keep temperatures between 18-21 °C in the main living areas.



Don't block airbricks or air vents.



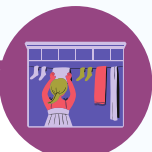
To kill and remove mould wipe down wall and window frames with a fungicidal wash.



Dry clothing outside whenever possible.



Don't dry clothes on radiator. This will make your boiler work harder to heat your house and cost almost as much as using a tumble dryer, whilst creating a lot of condensation.



If you have to dry clothing indoors and don't have a tumble dryer, place clothes on a drying rack in a room where a window can be opened slightly and keep the door closed.





## Top tips to reduce condensation in each room in your home



### IN THE KITCHEN

- Close internal doors whilst cooking and open a window
- Open window trickle vents or open window for at least 10 minutes every day
- Use extractor fans where possible
- Put lids on pans (this also reduces boiling times and helps save money)
- Only boil as much water as you need in a kettle to reduce steam and save money



### IN THE LIVING ROOM

- Open window trickle vents or open window for at least 10 minutes every day
- Lay thick carpet with a good thermal underlay
- Hang thick, heavy lined curtains during the winter to help keep the room warm
- Don't put furniture hard against any external walls, and try to leave a gap between the wall and furniture to allow airflow



### IN THE BEDROOM

- Open window trickle vents or open window for at least 10 minutes every day
- Lay thick carpet with a good thermal underlay
- Hang thick, heavy lined curtains during the winter to help keep the room warm
- Don't put furniture hard against any external walls, and try to leave a gap between the wall and furniture to allow airflow



### IN THE BATHROOM

- Open windows whilst bathing/washing and leave them open for about 20 minutes after, if it is safe to do so.
- Use extractor fans
- Take shorter showers
- When running a bath, put the cold water in first; this results in significantly less condensation
- Wipe down windows/mirrors/tiles/shower doors with a window squeegee and mop up the moisture with a cloth
- Don't leave wet towels lying around

## DECORATING

- When wallpapering use a paste containing a fungicide to prevent further mould growth
- Use mould-resistant paint on areas prone to mould such as ceilings above windows, in kitchens and bathrooms



## TREATING MOULD



**If you notice mould growing in your home, you should treat it straight away to stop it from spreading and causing more damage to your home.**

- Sterilise the affected area with a suitable fungicidal wash (available from most DIY stores), following the manufacturer's instructions. Use disposable gloves and dispose of any wipes/cloths/gloves used by placing in a plastic bag and putting in an external bin immediately to prevent mould spores spreading.
- Keep checking the affected area for at least a week. If the mould reappears, wash it down again with the fungicidal wash to make sure the area is thoroughly sterilised.
- If the treatment appears to have been successful, you can carry out any necessary redecoration.
- If painting, use a good quality fungicidal paint to help prevent mould, but remember that this won't be effective if it's later covered by ordinary paint or wallpaper.
- If wallpapering, use a paste containing a fungicide to prevent further mould growth.
- If mould or mildew is growing on clothing or carpets, you should dry clean them. Don't disturb mould by brushing or vacuum cleaning, as you can increase the risk of respiratory problems.



**To prevent mould returning, make sure that you control condensation in your home, using the tips mentioned in this leaflet.**



**If you have followed the advice on this leaflet and damp and mould continues to be an issue, please call us to report it and arrange for a home visit by one of our Maintenance Staff**

**Telephone number: 03451 772244**

**Email: [admin@aha.org.uk](mailto:admin@aha.org.uk)**