

Keeping your home free from condensation, damp and mould

This leaflet tells you about condensation, damp and mould and explains what you can do to stop this being a problem in your home.

What is condensation?

There is always some moisture in the air even if you can't see it. When the air gets colder, it can't hold all the moisture and tiny drops of water appear – this is condensation. You may notice it when you see your breath on a cold day or when the mirror in the bathroom mists over when you have a bath or shower.

Condensation mainly occurs during cold weather regardless of whether it is raining or dry. It tends to appear on cold surfaces and places where there is little or no movement of air, in the corners of rooms near windows or behind cupboards and wardrobes.

Why is condensation a problem?

Every home gets a bit of condensation at some time, for example when you have a bath or shower or when you are cooking. The problem is if your home has lots of condensation, as this can lead to damp and mould. You might get mould on your windows, ceilings or walls, particularly behind your furniture.

What you can do to prevent condensation?

These simple steps will help to prevent condensation occurring in your home:

Ventilate your home

- Keep a small window ajar to let air in.
- Keep trickle vents (small vents in your windows) open at all times.
- Ventilate kitchens and bathrooms when in use by opening windows or using extractor fans if you have them.
- Close kitchen and bathroom doors when cooking or bathing.
- Make sure other doors are closed, especially bedroom doors as bedrooms are normally slightly colder and will attract moisture.
- Ventilate cupboards and wardrobes and avoid putting too much in them, as this stops the air circulating
- Do not put wardrobes against external walls
- Keep furniture away from walls to allow air to circulate

What you can do to prevent condensation?

These simple steps will help to prevent condensation occurring in your home:

Put less water into the air

- Put lids on saucepans when you are cooking.
- Dry your clothes outside when possible.
- Put a small amount of cold water in the bath before you turn on the hot tap.
- Do not run your shower for longer than needed.
- Mop up any condensation or water every day.

Make sure your home is heated properly

- Make sure your home is warm enough.
- Heat your home more evenly – a low level of heating all day is better than quick blasts when necessary (this should also reduce your heating bills).
- Use thermostats to control your heating.

Stop water vapour spreading

- When you are cooking:
 - Shut your kitchen door
 - Use a cooker hood or extractor fan if you have one
 - Open a window
- When you have a bath or shower:
 - Shut the bathroom door
 - Use an extractor fan if you have one or open a window

What should you do if you have mould in your home?

If you have any mould in your home, please speak to your keyworker or another member of Transform staff.

Require a different format?

If you would like this leaflet in large print or audio format, please speak to a member of staff.

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