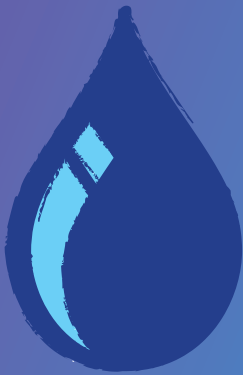


Dealing with condensation and mould



This leaflet gives helpful advice on how to treat condensation, which can lead to mould in the home.

Condensation can occur in any property, new or old. It's caused when warm, moist air hits a cold surface, such as windows, external walls and toilet cisterns, and condenses, running down the cold surface as water droplets.

If left, this can develop into black mould, which looks and smells unpleasant and can be bad for your health. Condensation is often worse in homes that have been modernised as ventilation and the circulation of air is reduced.

The three main causes of condensation are:

- Moisture produced by everyday activities.
- Not enough ventilation.
- Cool temperatures.



In a single day, as much as 22 pints of moisture can build up in your home.

This is equivalent to two people doing the following:

- Washing dishes.
- Cooking and boiling a kettle.
- Having a bath or shower.
- Drying clothes and towels.

(= 22 pints)



Condensation is most likely to appear on windows, colder parts of walls, around external door and window openings, and where ceilings and floors meet with outer walls. It can also appear in areas where air circulation is restricted, such as inside cupboards and behind furniture that is placed against an outside wall.

There are four main ways to tackle the problem:

- Prevent moisture building up.
- Ventilate your home.
- Don't let moisture that is produced circulate throughout the house.
- Keep your home warm.

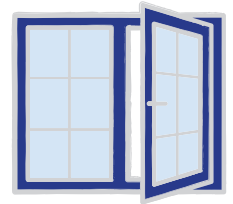


Ventilate to eliminate

Open windows for a while each day or use the trickle/night vents. Nobody likes draughts, but some ventilation is vital.

Use the extractor fans in your kitchen and bathroom if you have them. This can cost no more than charging your phone.

Allow air to circulate around furniture and in cupboards – make sure there's space between the furniture and the wall, especially bedding.



Preventing moisture building up

Dry clothes outside where possible.

If you need to dry clothes inside, try to use a drying rack in a sunny room with the doors closed and a window open.

Use a de-humidifier if possible when drying clothes inside. You can pick them up cheaply now and they're very effective.

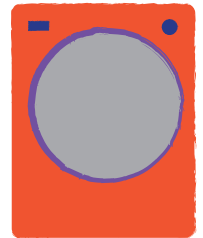
Cover boiling pans. And only boil as much as you need when cooking to reduce steam.

Wipe down windows, mirrors, tiles and shower doors with a window squeegee and mop up the moisture with a super absorbent cloth which can be rung out in the sink.



Other tips

- Make sure tumble dryers are vented to the outside or are a condensing or heat pump dryer.
- Cover fish tanks to stop water evaporating into the air.
- Open windows or their trickle vents for at least 10 minutes every day.



Bathroom

- When running a bath, put the cold water in first – this results in significantly less steam.
- Take shorter showers.
- Ensure bathroom doors are closed while you are bathing or showering.
- Open windows while bathing or washing and leave them open for about 20 minutes afterwards, if it's safe to do so.
- Hang wet towels to dry after use in a well-ventilated room.



Important things to remember

- Don't block permanent ventilation, such as airbricks and vents.
- Never block a fireplace.



Don't draught proof the following:

- Rooms where there's condensation or mould growth.
- Rooms where there's a gas cooker or a fuel-burning heater such as a gas fire.
- Windows in the bathroom or kitchen.



If possible, keep temperatures between 18°C and 20°C in main living areas.

When cooking, bathing or washing, close kitchen and bathroom doors to prevent steam going into colder rooms. Increase ventilation by opening windows and using the extractor fan, even after you've finished.



Decorating

- When wallpapering, use a paste containing a fungicide to prevent further mould growth.
- Use thermal lining paper under wallpaper when decorating.
- Use fungicidal paint on areas prone to mould, such as the ceiling above windows.
- Don't put furniture against an outside wall.



What to do if your home has mould

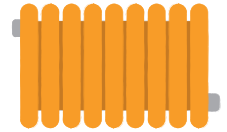
The tips set out in this guide should help prevent mould growth. But what if mould is already present? How do you get rid of it?

Mould is a living organism and needs killing to get rid of it. To do this, wipe down affected areas with a fungicidal wash – one which carries a Health and Safety Executive approved number.

After treating any mould you have in your home, you can then do what you can to reduce condensation. This will restrict new mould growing.

Don't disturb mould by brushing or vacuum cleaning.

Mildewed clothes should be dry cleaned and any affected carpets shampooed.



Remember – ventilate to eliminate

What next?

If the problem persists, it may be due to another cause of damp or a leak. This should be reported to our **Customer Service Team on 0345 521 1993**. Our phone lines are open from 8:30am to 5pm. Alternatively, send an email to **hello@54northhomes.co.uk**. We'll arrange for someone to look into this for you.

Need additional support?

We know it's not always easy to keep your heating on for extended periods of time. If struggling financially, please contact us and ask to speak to one of our Income Officers. They're experienced in signposting customers to sources of support.

Contact us

Email: **hello@54northhomes.co.uk**

Telephone: **0345 521 1993**

MyKarbon: **www.my.54northhomes.co.uk/**