



Healthy Homes Top Tips: Damp, Condensation & Mould



Reduce moisture in the air:

To save money **keep lids on saucepans when cooking**, so that you can cook on a lower heat setting & reduce the amount of steam formed.

More ventilation is needed in the kitchen & bathroom when cooking, washing up, bathing & drying clothes. To help, **open the windows**, but keep the doors shut.

When filling up the bath, run the cold water first then add the hot water – this helps to reduce the steam (which leads to condensation) **by as much as 90%**!

Whilst in the bath or shower **keep the door closed** to stop moist air getting all around your home.

When you finish bathing **open the window for 10 minutes** or so to let the moist air out, whilst keeping the door closed.

Where possible **dry your washing outdoors**.

Try to avoid hanging your washing on radiators. Use a **clothes horse in the bathroom** with the extractor fan on, the window open & keep the door closed.

Open the windows to allow the moisture out if you're drying clothes indoors.

If you use a tumble dryer, ensure that the **ventilation pipe leads outside**. If it is a condensing tumble dryer, **open a window** to allow the moisture out.

Find us: Care Network Hub, 9 Town Hall Street, Blackburn, BB2 1AG



Increase the airflow:

Don't **overfill** your cupboards.

Open your windows when possible to allow the moisture out.

Ensure that vents in your walls or windows **are open** & not blocked or covered.

Try to leave **space between your furniture & the walls**.

Where possible, **position wardrobes & furniture against internal walls** (walls which have a room on both sides) rather than against outside walls.

Heating your home:

When a home is heated to a high temperature very quickly it **can make condensation worse**. Try to avoid this.

Bringing the home to a high temperature quickly is **more expensive** than maintaining a stable temperature.

Heating your home to **between 18-21 degrees**, with 40-60% humidity helps to avoid damp & mould occurring.

Try to keep **unused rooms heated to a low temperature** to help ward off any condensation & mould.

How to deal with mould:

Wipe down **windows & window sills when they get wet**, or if you see condensation.

Wipe down any mouldy surfaces with a **mould cleaner** (always follow the manufacturer's instructions).

When decorating, **use an anti-mould paint** where you've had problems (the area must be completely clear of mould first).

Don't brush or Hoover the mould as this can **spread the number of spores** in the air.

We can help support people with damp, condensation & mould. To find out more, please visit our website or give us a call on the number below (choose option 3):

Visit: www.carenetwork.org.uk • **Call:** 01254 507255

