









Damp, mould and condensation

Stay healthy at home



The air in your home contains moisture. When the air comes into contact with any cold surfaces, the moisture condenses into water droplets, known as condensation.

Moisture comes from:	Pints of water released into the air per day	
Bathing or showering		
Drying clothes indoors		
Cooking		
Breathing		

You can reduce and remove moisture from your home by

- Putting lids on pans during cooking.
- Putting fans on when cooking, showering or drying clothes indoors.
- Opening windows. In cold weather you only need to open your window very slightly.
- Wipe condensation away and squeeze any water down the sink.
- Vent tumble dryers outside.
- If drying clothes indoors, dry them in one room with the door shut and window slightly open.
- Keep your home warm.
- Closing kitchen and bathroom doors when bathing or cooking will stop moist air spreading through the home.



An increased moisture content in the air

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An increased risk of condensation and mould may grow as a result

Mould

- If this moisture is not removed, condensation will form and mould may grow, especially if your home is dusty.
- Mould should be wiped away with mould remover spray and the area vacuumed and dried.
- Dust and dirt must be removed, this will help prevent mould growth and will also help prevent asthma and coughs.
- Water leaks and rising damp may also cause mould.



