

Advice for Residents in Identifying and Reducing Damp, Mould, and Condensation

Definitions:

Damp is caused by a fault in the home through water coming in from the outside, or rising damp. Leaking pipes, rising damp on ground floors, or water seeping in due to roof damage, outside brickwork, or damaged window frames can cause damp and mould in the home.

Mould growth is usually a consequence of too much moisture in the air (condensation). This can be a result of poor insulation, inadequate heating, or air being unable to circulate around all parts of the home.

Condensation is caused by excess moisture indoors.

When the air is holding too much of this moisture and can't hold any more, water droplets form on the colder surfaces. Condensation is most often found around windows and on the external walls of a home.

Cooking, showering, and drying clothes indoors without adequate air circulating (for example, opening windows, etc.) can cause excess moisture. Droplets can form on indoor surfaces such as mirrors, windowsills, furniture, in cupboards and on walls, particularly when they're cold.



**Mould spores will
eventually begin to grow
on these surfaces if this
water is not wiped
away.**

You can prevent the build-up of condensation by:

- ✓ Frequently emptying the water in your tumble dryers, putting lids on saucepans when cooking, and drying washing outside.
- ✓ Opening windows for 15 minutes each morning, allowing air to circulate and keeping your trickle vents open on your windows if you have them.
- ✓ Heating your home at a constant level (between 19 – 21c), allowing air to circulate around the home by leaving doors open slightly (unless you're cooking or showering)
- ✓ Putting the extraction fan on and closing the door of the room being used if you are cooking, showering, or bathing.
- ✓ Try to avoid placing furniture right up against walls because this makes it difficult for air to circulate and encourages mould to grow (even on your furniture and inside your cupboards on clothes.)



**Air circulation and
ventilation is key.**

**Open your windows, leave
your trickle vents open and
ensure that you use your
extractor fans when cooking
or bathing.**

Removing Mould

Protect yourself when cleaning mould spores by wearing, rubber gloves, and a mask that covers your nose and mouth. Open windows, but keep doors closed to prevent spores spreading to other areas in your home.

Use an anti mould cleaning spray that is readily available in most supermarkets and have a plastic bag ready to take away any soft furnishings, clothes, and soft toys that are mouldy. Dispose of the cloth that you have used to clean the mould, all the surfaces in the room should be thoroughly cleaned by either wet wiping or vacuuming to remove any spores.