

Condensation, Damp and mould

This guide should help you understand how condensation is caused, how it leads to mould and what easy steps you can take to prevent it from happening.



It's normal to experience condensation or mould in your home at some point but if it becomes a problem we'll do what we can to help you solve it.

Condensation and mould can be caused by a number of things and can be something as simple as not ventilating a room properly.

This guide should help you understand how condensation is caused, how it leads to mould and what easy steps you can take to prevent it from happening. It also tells you how to safely remove mould.

What is condensation?

There is always moisture in the air, even if you cannot see it; most moisture in your home is created by daily activities like washing and bathing.

Condensation happens when warm air cools. Droplets of water are released when the air comes into contact with a cool surface, like a window, forming a misty layer.

That's why condensation occurs more during the winter months when it's cold outside.

What causes moisture in the air?

Moisture in the air can be caused by many things - just one person breathing releases around a pint of moisture into the air overnight, which is why you might get steamed up windows in the morning. Some other examples:

<p>BATH OR SHOWER PRODUCE 2 PINTS OF WATER</p> 	<p>DRYING CLOTHES PRODUCE 9 PINTS OF WATER</p> 	<p>COOKING & BOILING KETTLES PRODUCE 6 PINTS OF WATER</p> 
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If the moisture is not removed from the air in the room and it comes into contact with a cool surface condensation will be formed.

How does condensation lead to mould?

Mould will grow wherever there is moisture - if condensation regularly forms on a surface, it provides perfect conditions for the fungus to form.

Mould most commonly appears in bathrooms, kitchens, behind furniture, in cupboards and on external walls.



Image by Freepik

How to prevent it

If mould is appearing in your home, you'll need to work out what's causing it to grow.

Use this quiz to try and diagnose the problem

Do you dry clothes in your home?

- a. Never
- b. Sometimes
- c. All the time

Do you open windows or turn on a fan after cooking and bathing?

- a. Every day
- b. Sometimes
- c. Never

Do you keep windows open during the day and at night?

- a. All windows
- b. Some windows
- c. None

Do you heat all the rooms in your home?

- a. All the time
- b. Some of the rooms
- c. None of the rooms

At what time of year do you experience mould?

- a. All year round
- b. Only on very cold days
- c. From October to April

If you answered mainly Bs and Cs, it sounds like you have too much moisture in your home. There are some suggestions to help reduce it on the following pages.

Reduce moisture in the air

- If you see condensation forming, wipe it away with a dry cloth.
- When you're cooking, open a window or use an extractor fan to let out steam.
- To reduce steam, keep a lid on saucepans as you cook and try not to let the kettle boil over.
- Open a window or use an extractor fan after a bath or shower and close the door so the moist air goes out of the window not into the rest of your home.
- When running a bath put cold water in first then add hot - it reduces steam by 90%.
- Dry clothing outdoors or in a room with the window open and door closed - don't put clothes on radiators to dry.
- If you use a tumble dryer, make sure it has a ventilation pipe leading outside.
- Avoid using portable gas or paraffin heaters as these produce a lot of moisture.



Increase air flow

- Open windows for five to ten minutes immediately after an activity that produces a lot of moisture e.g. having a bath.
- Keep all vents and window trickle vents open and clear.
- Avoid putting too many things in cupboards.
- Leave space between furniture and external walls to allow air to circulate.
- Don't leave clothing and bedding in corners of rooms.



Reduce 'cold spots'

- Make sure all your rooms have suitable heating. In cold weather it's better to keep the heating on at a low level all day, rather than putting it on in short, high bursts.
- Don't warm unheated bedrooms by leaving the door open to a heated room, as this will cause warm damp air to enter the room and condense on cold surfaces.

Damp

If you answered mostly A, you could have a problem with rising damp, water getting into your home due to an external repair needed or an internal leak.

Rising damp, for example, doesn't cause mould to grow - instead, you'll see a tide mark travelling up your wall.

If you believe it is a damp issue rather than condensation please contact us as soon as possible so that we can investigate the cause.

How to remove mould

- You can buy a mould remover spray from most supermarkets - simply follow the instructions to get rid of the mould - wipe down or spray walls and window frames and wash affected clothes and shampoo carpets.
- Please don't brush or vacuum mould as this can increase the number of mould spores in the air.
- When you redecorate, use a good quality anti-fungicidal paint to help prevent mould appearing again. You can get this from most DIY stores.

Contacts

If you still have questions or think you need our help, please contact your local office.

Remember

The only way to reduce the amount of condensation in your home is by heating and ventilating your home effectively.



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Opening Times

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