

DAMP & MOULD

HINTS & TIPS

Damp can cause mould on walls, windows and furniture.

Damp and cold homes encourage the growth of mould which can increase the risk of **respiratory illnesses**. This can be caused by:



Condensation created by high levels of moisture in the air



Leaking pipes, wastes or overflows



Rain seeping through the roof where a tile or slate is missing



Blocked guttering, cracked or loose rainwater pipes



Rising damp which will create a yellow tide mark on internal walls

IF YOU EXPERIENCE ANY OF THESE, YOU SHOULD REPORT THIS TO US TO ALLOW US TO INVESTIGATE FURTHER

WHAT IS CONDENSATION?

Condensation is formed when there is excess moisture in the air. There is always some moisture, even if you can't see it, but if the air gets colder, it can't hold all the moisture and tiny drops of water appear on cold surfaces. This is typically on windows which can lead to black spotted mould growth.

You may also notice it when you see your breath on a cold day, or when the mirror mists over when you have a bath or shower.



STEPS TO AVOIDING EXCESSIVE MOISTURE

REDUCE THE RISK

Some ordinary daily activities produce a lot of moisture very quickly. These include:



COOKING

To reduce the amount of moisture, cover pans and do not leave kettles boiling.



KEEP A SMALL WINDOW AJAR

or a trickle ventilator open all the time if possible, especially when someone is in the room.



WASHING CLOTHES

Put washing outdoors to dry if you can. If drying inside, put them in the bathroom with the door closed and window open/fan on. If using a tumble dryer make sure the vent goes outside (*unless it's self-condensing*).



PARAFFIN AND PORTABLE FLUELESS BOTTLED-GAS HEATERS

These heaters put a lot of moisture into the air – one gallon of gas or paraffin produces about a gallon of water.



VENTILATION

You need much more ventilation in the kitchen and bathroom when cooking, washing up, bathing and drying clothes - this means open windows or fan on. **If you don't have an opening window, vent or fan - please contact us.**



AIR FLOW

Open doors to ventilate cupboards and wardrobes. Leave space between the backs of wardrobes and the wall. Where possible, position wardrobes and furniture against internal walls, i.e. walls which have a room on both sides, rather than against outside walls.



INSULATE AND DRAUGHT-PROOF

Insulation in the loft and cavity wall will help keep your home warm and **reduce your fuel bills** as well.

If you feel your loft or cavity wall is not insulated sufficiently - please contact us.



HEAT YOUR HOME A LITTLE MORE

In cold weather, where possible, the best way to keep rooms warm enough to avoid condensation is to keep low background heating on all day, even when there is no one at home. If you have central heating, set it to provide background warmth to all rooms including unused rooms.

If fitted, use thermostatically controlled radiator valves (TRVs). The thermostats will help control heating and costs.

WORRIED ABOUT YOUR ENERGY BILLS?

If you would like some advice in relation to your gas and electricity bills, **please contact our Housing Advice Team.**



0151 207 3406



www.eldonians.org.uk