

Furniture

- Keep furniture away from external walls where possible. If not, keep at least 50mm away from the external wall.
- Do not overfill wardrobes or cupboards. A lack of ventilation can result in mould due to the lack of air circulating freely inside.

Other Causes

Condensation is not the only cause of damp. It can also come from:

- Leaking pipes, waste pipes or overflows;
- Roof leaks where a slate or tile is missing, blocked gutters or leaking through a cracked pipe; or
- Rising damp due to a defective damp course or because there is no damp course.

Tips

- Let air circulate by keeping internal doors open whilst sleeping.
- Ensure window trickle vents are open.
- Make sure aquariums are covered to prevent excess moisture.
- Move house plants outdoors for a while.
- Avoid using paraffin or bottled gas heaters.
- Do not block permanent ventilators.
- Limit the use of steam mops for cleaning laminate flooring or ensure the room is well ventilated when doing so.

Adequate ventilation is essential to allow moisture to escape before it turns into condensation.

If damp is an issue in your home a dehumidifier may help to dry out the areas affected.

If you follow the handy hints within this leaflet you will ensure that condensation, damp and mould will be reduced and will not cause you or your family any problems

Further information regarding condensation, effective use of heating systems or home insulation can be obtained by contacting the Home Energy Advice Team (HEAT) at Scarf on

*Freephone 0808 129 0888,
email heat@scarf.org.uk
or visit www.scarf.org.uk*

A Guide To Condensation & Damp In Your Home

Condensation is perhaps the most common form of damp that can appear in your home.

This guide will help you to identify and manage problem areas to avoid more serious issues in the future.



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About Condensation

Condensation is perhaps the most common form of damp that can appear in your home. It occurs when warm air meets a colder surface, such as a wall or window. Things like washing, cooking, tumble driers, steam mops and people breathing put moisture into the air inside your home.

Left untreated condensation can lead to mould growth which can be potentially harmful to people and properties.

If your home is suffering from condensation you will start to see signs of it very quickly, such as:

- Damp or wet walls and windows;
- Peeling wallpaper;
- Signs of mould growth; and/or
- Musty smell on clothes in wardrobes.

The reason condensation appears in your home is due to the lack of adequate ventilation. If you do not take steps to prevent condensation mould will start to develop.

It is possible to prevent condensation build up and ensure that your home remains damp and mould free. In this booklet are a few suggestions on how you can reduce the condensation levels in your property.

Temperature

Keep the temperature inside your home reasonably constant. Recommended temperatures for your property are:

21°C *Living Rooms*

18°C *Bedrooms*

16°C *Halls & Stairs*

22°C *Bathrooms*

Washing & Drying Clothes

- Avoid drying clothes indoors over radiators, if you must dry clothes indoors it should be in a bathroom with the door closed and window open or extractor fan on.
- Ensure washing machines and tumble driers are properly vented and ensure the condensate is regularly emptied. Please make sure that the door to the kitchen is closed when doing washing or using your drier and put on your extractor fan or open a window

Kitchen

- Use your kitchen fans (extractor or cooker hood) every time you cook or boil a kettle. If you do not have an extractor fan open a window. Leave the fan on or the window open for at least 10-15 minutes after you finish cooking to ensure the moisture has all gone.
- Cover pans when cooking to reduce the moisture being released into the air.
- Close the kitchen door when cooking, this will prevent moisture in the air going into colder rooms.
- If you do not have an extractor fan or a window in your kitchen make sure that you wipe down any cold surfaces to remove the moisture.

Bathroom

- Use your bathroom extractor fan every time you shower or take a bath. If you do not have an extractor fan open a window. Leave the fan on or the window open for at least 10-15 minutes after you finish bathing to ensure the moisture has all gone.
- Close the bathroom door when bathing, this will prevent moisture in the air going into colder rooms.
- If you do not have an extractor fan or a window in your bathroom make sure that you wipe down any cold surfaces to remove the moisture