

Dealing with  
**Condensation & mould  
in your home**



# What are the different types of dampness?

## Condensation

Condensation is probably the most common form of moisture in buildings and in the home. This leaflet explains how you can help to reduce condensation within your home and prevent unsightly mould growth on decorated finishes and soft furnishings.

### How does condensation occur?

Condensation occurs when warm moist air, comes into contact with cooler surfaces. Lack of adequate ventilation allied with modern occupancy lifestyles in terms of cooking, washing and bathing can lead to a build-up of excessive humidity and moisture within a property.

### Why is condensation a problem?

Left untreated, condensation can result in peeling decorations, unsightly mould growth and damage to fabrics and clothing, particularly in areas with little air circulation.

## Damp

Damp, not to be confused with condensation is generally caused by failure of a property's structure or external fabric and there are two common types:

### Penetrating Damp

When moisture enters your home because of an external defect (for example a crack in a wall or missing roof tile).

### Rising Damp

Usually when a property's Damp Proof Course (DPC) or membrane fails and moisture from the ground rises and damages plaster finishes and decoration.

# How to reduce condensation in your home

## Control excess moisture

- Improve ventilation to evacuate excess moisture. Open trickle vents in windows and refrain from isolating extractor fans in kitchens or bathrooms.
- When cooking and bathing keep kitchen and bathroom doors closed to prevent moisture spreading into adjacent rooms.
- Don't block air vents or trickle vents during winter months.
- Where practical, remove furniture from poorly ventilated external walls.
- Wipe down surfaces when moisture forms to prevent mould forming, particularly on glazing during winter months.

## Keep your home warm

- Increase heating levels (and keep constant where possible).
- Insulation and draught proofing will help to keep your home warmer and help to reduce fuel bills. When your home is warmer along with internal finishes, condensation is less likely to form.
- If you believe that your property would benefit from either loft or cavity wall insulation, contact Aspire Housing for further advice.

## Produce less moisture

- Reduce sources of excess moisture (e.g. drying clothes indoors or paraffin/calom gas heaters).
- Ensure that tumble dryers are vented externally or in accordance with manufacturer's recommendations.
- Cover fish tanks and remember that house pets produce moisture too.





# Dos & Don'ts



## Do

- Heat your property adequately.
- Ventilate your property, particularly when cooking and bathing.
- Remove excess moisture from cool surfaces to prevent mould spores from germinating.
- Consider occupancy levels within your home and the humidity levels generated.
- Clean areas of minor mould growth with an approved Mould & Mildew treatment in accordance with manufacturer's recommendations.



## Don't

- Cover or block trickle ventilation or air bricks within your home.
- Isolate or switch off extractor fans in the kitchen or bathroom.
- Leave condensation on windows or frames.
- Dry large volumes of clothes on radiators, particularly during winter months.
- Leave kitchen and bathroom doors open when in use.



# First steps to prevent condensation related mould

## Minor areas

- Treat minor areas of mould with an approved mould & mildew treatment (available from hardware stores and supermarkets) in accordance with manufacturer's recommendations.
- Increase ventilation either mechanically or naturally, particularly when cooking and bathing.
- In affected areas reposition furniture where practical, particularly when adjacent to external walls to improve ventilation.
- Once mould spores have been treated, redecorate using a quality fungicidal paint to prevent mould spores from germinating.
- Stripping of contaminated wallpaper is usually necessary.



## What next?

If you have followed the advice given within this guide and feel that your property is continuing to suffer from condensation or moderate/severe mould growth, please contact **Aspire Housing's Customer Service Centre on (01782) 635200.**



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Aspire Housing, Kingsley, The Brampton,  
Newcastle-under-Lyme, ST5 0QW

01782 635 200 | [www.aspirehousing.co.uk](http://www.aspirehousing.co.uk)

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