

## Damp housing can lead to the growth of mould (and mould feeding mites) on walls and furniture.

This not only looks unpleasant, with the potential to cause considerable damage to wallpaper, wall surfaces, window frames and furniture, but it can also affect the health of the householder.

### What is condensation?

Condensation is a common source of damp and may be caused by a lack of adequate heating and/or suitable ventilation and excessive moisture in the air.

Air contains a certain amount of water, and the warmer the air the more water it can hold. When the warm air comes into contact with a cold surface, the temperature of the air drops, which means it cannot hold as much water and deposits this onto cold surfaces.

### Ventilation

Adequate ventilation in the right places will help reduce condensation, but a balance needs to be found as opening a window and letting too much cold air into a room could reduce the temperature of walls and make the condensation problem worse.

Background ventilation can be achieved by installing air bricks or adjustable vents. In bathrooms, kitchens and other rooms that produce heavy amounts of moisture, ventilation can be achieved by

### Where you may find condensation

- › Cold Surfaces: Mirrors, single glazed windows and metal framed windows.
- › Kitchens and Bathrooms.
- › The walls of unheated rooms
- › Cold corners in rooms.
- › Wardrobes, cupboards and furniture.



opening windows or using extractor fans and keeping internal doors shut.

Dehumidifiers can be useful when drying out a property once the source of condensation or rising damp has been dealt with or as a short term solution during humid weather.



Hygrometers are used to measure the humidity of moisture content of the surrounding air and can be useful within a property to identify areas with potential high humidity leading to mould growth.

### Reducing moisture in the air

Washing, bathing, cooking and just breathing all produce moisture and these activities are unavoidable, but there are some practical ways to reduce the amount of moisture in the air:

1. Lids should be kept on saucepans when cooking.
2. Tumble dryers should be vented to the outside.
3. Avoid bottled gas and paraffin heaters. Water vapour is released into the room as the gas burns.
4. Open a window if you're creating steam while cooking and make sure that doors to adjoining rooms are closed. Draught proof them to prevent the moisture from spreading throughout the property.

### How to avoid condensation to prevent mould growth

- › Reduce the amount of moisture in the air.
- › Provide appropriate ventilation within the home.
- › Increase the heating to raise the temperature of the air and cold surfaces.
- › Insulate the building to raise the temperature of cold walls.

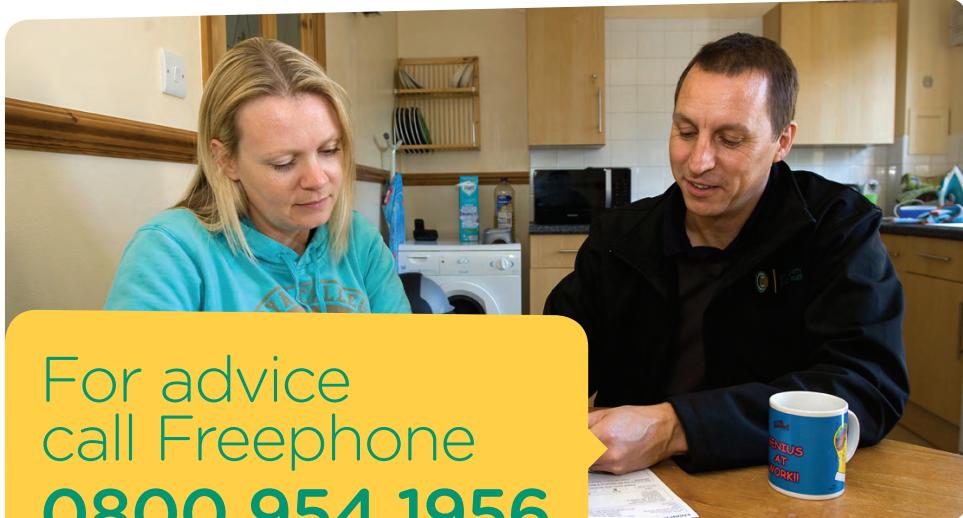


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# Condensation and Mould



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