

# Mould and condensation

**Mould caused by condensation can look unsightly, cause damage to your belongings and your home. Use this useful guide to reduce the effects of mould and condensation.**

## What's condensation?

Air always contains moisture, even if you cannot see or feel it. Condensation occurs when warm air collides with cold surfaces, or when there's too much moisture in your home. Condensation is a more frequent problem in cold weather, and appears on or near windows, in corners and in wardrobes or cupboards. Damp and mould can also be caused by rising damp.

Dampness caused by excessive condensation then leads to mould growth on walls and furniture, mildew on fabrics or rotting of wooden window frames. These conditions are also ideal for dust mites, which thrive in moist environments.



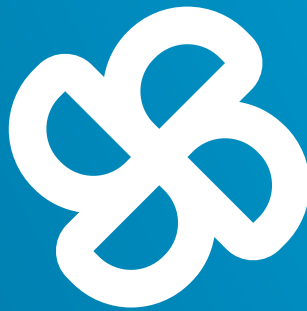
## What are the causes of condensation?

There are three main factors that contribute to condensation:



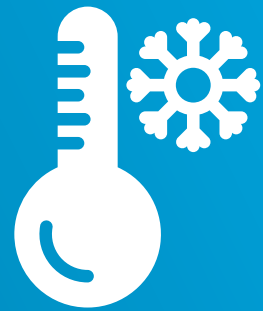
### Too much moisture in the air

As mentioned, there's always moisture in the air, but it can be increased by a number of simple, everyday activities. E.g. cooking, showering, using a tumble drier or drying washing indoors. Even breathing adds moisture into the air.



### Not enough ventilation

If the air in your home is unable to circulate freely, it increases the risk of condensation. A good example of this is when wardrobes or sofas are placed flat against a wall, restricting air flow.



### Cool temperatures

The colder your home, the more likely you are to have condensation. Heating one room and leaving others cold is common, but this makes condensation worse in the unheated rooms. Its better to have an even temperature throughout.

**You need to take all of these things into account in order to tackle condensation in your home.**

# Top tips to reduce condensation in your home



Dry clothes (where possible) outdoors. If you have to dry inside, use a clothes horse (not a radiator) and dry next to an open window or in a bathroom with an extractor fan



Ventilate your kitchen and bathroom for about 20 minutes after use, by opening a small window or using an extractor fan if possible (cheap to run and very effective). Always keep door to the room shut while you do this.



Ventilate your bedroom by leaving a window slightly open at night (if safe to do so) or open a window in the morning for 30 minutes when you wake up. Use trickle ventilators if fitted.



Monitor temperatures. Try to keep rooms constant and warm, they shouldn't drop below 15c. Ideally rooms should be kept between 16-18C. Most modern boilers cost less to run if the heating is kept on low for longer periods, rather than short bursts of heat.



Leave a gap between furniture and walls



When using a tumble drier, make sure its vented to outside of the property



Cook with pan lids on



When filling your bath, run the cold water first then add the hot - it will reduce the steam by 90%



Don't block permanent ventilators or airbricks



If you notice tide marks on your wall this could be a sign of rising damp and you should contact us as soon as possible.

Contact us by calling **03332 31 32 33**  
or visit **[connexus-group.co.uk/about-contact](https://www.connexus-group.co.uk/about-contact)**