

**NO
LiMiTS**

**Helping Young People
Help Themselves**

tec

the Environment Centre (*tec*)

DEALING WITH DAMP & MOULD

**Tips and information to help you
tackle damp and mould in your home**



What is condensation, damp and mould?

Condensation is the most common cause of damp problems. It occurs when moisture in the air touches a cold surface, and water droplets appear.

Mould is a soft, green or black substance that forms in wet conditions. In the home, it is often found in bathrooms and kitchens or on walls and ceilings. The spores can produce allergens which might lead to respiratory conditions and infections, allergies and asthma.

If you're living in a particularly damp home or want to find out more, please use the contact details below to contact the Environment Centre for support:



enquiries@environmentcentre.com

0800 804 8601

For more tips and advice, visit environmentcentre.com

How remove small patches of mould

1) Wearing protective clothing (rubber gloves, face mask, goggles).

2) Open windows but close doors, to stop the spread of spores into other rooms.

3) Use a cloth soaked in a weak solution of bleach and water to wipe away mould, followed by a dry cloth to dry the area.

4) Dispose of dirty items.



Tips for around your home

Bathroom

- Use the extractor fan or open a window while you shower or bathe, and for at least 15 minutes afterwards.
- Keep the bathroom door shut until the moisture has left the room.
- Take shorter showers.



Cooking

- Keep lids on pots and pans when cooking.
- Turn your cooker hood on or open a window while you cook, and for at least 15 minutes afterwards.
- Keep the kitchen door shut until the moisture has left the room.



Ventilation

- Don't block air bricks, air vents, or extractor fans.
- Open windows if it's secure do to so, or latch the window partly open and lock it.
- If you have trickle vents above your windows, keep them open.
- Move your furniture a couple of inches away from external walls, to encourage ventilation.



More ideas

Insulated walls are warmer, meaning moisture is less likely to condense. Learn more about insulation at: environmentcentre.com/home-energy/home-insulation

If you're doing all the actions you can, and you still have mould, get in touch with your landlord or housing provider to let them know

Remember to mention

- The actions you're already doing.
- If anyone in your household is more likely to be affected by damp and mould. According to the NHS, people who are more affected by damp and mould include:
 - Babies and children.
 - Older people.
 - Those with skin problems, such as atopic eczema.
 - Those with respiratory problems, such as allergies and asthma.
 - Those with a weakened immune system, such as those having chemotherapy.
- If the property is missing an extractor fan, cooker hood, trickle vents, or anything is preventing adequate ventilation e.g. broken windows.

