

Damp and mould in the home



Guidance on reducing condensation in the home which can cause damp and mould.

Delivered in conjunction with guidance from





What can cause damp and mould in the home?

A major cause can be condensation. This is caused when warm, moist air hits a cold surface such as a window or external wall and condenses, becoming water. If left, this can develop into mould.

How can I reduce condensation in the home?

Controlling ventilation and air circulation around the home by:

- Open a window and use an extractor fan whilst cooking and close the door to other rooms
- Ventilate rooms for 10 minutes each day by opening a window and use thick curtains to keep rooms warm in winter
- Don't put furniture against outside walls, keep a gap for airflow
- When bathing use the extractor fan and leave windows open for 20 minutes after washing
- Wipe down windows and hard surfaces with an absorbent cloth to remove moisture
- Dry clothes outside, or in the bathroom with the window open and the door closed

How can I get rid of mould?

- Carefully remove mould with a damp cloth and throw it away afterwards
- Do not brush mould as this releases spores into the air
- Wipe down affected areas using a diluted bleach solution or fungicidal wash following the manufacturer's instructions
- After treatment, redecorate using a fungicidal paint or wall-paper paste
- Clothes and bedding can be washed

To learn more about dealing with dampness and mould, call Better Housing Better Health on 0800 107 0044.