

# Reducing condensation and mould in your home





## What is condensation?

Condensation forms when excess moisture in the air changes to liquid. It occurs where:

- There is excess moisture, combined with cold surfaces
- There is very little ventilation or poor air circulation

Condensation is typically found in corners of a room, behind large pieces of furniture, around windows and doors and on external doors.

## Getting rid of mould

To clean mould away, use a special fungicidal cleaner available from a DIY or household store. Follow the instructions carefully.

Re-decorating with a fungicidal paint can help prevent the problem returning.



**Some of the things  
that create moisture  
in the average home**

**How many pints of  
water it produces,  
on average, per day**

**Two people at home  
for the day**



**Cooking and boiling  
a kettle**



**Having a bath or shower**



**Washing clothes**

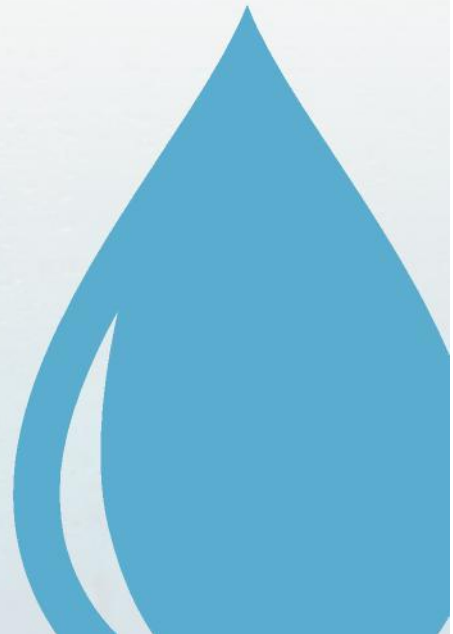


**Drying clothes**



## **Did you know....**

- Leaks from roofs, gutters and water pipes can also cause mould, report leaks to your landlord.
- Mould may grow on furniture; this is from internal moisture.



# Tips for reducing moisture and improving ventilation: Cooking


3 hours of cooking =



- Cover pans
- Use the extractor fan if you have one
- Open the window while cooking
- Keep the internal door closed to stop moisture escaping to other parts of your home



# Tips for reducing moisture and improving ventilation: Laundry

Washing clothes = 

Drying clothes indoors = 

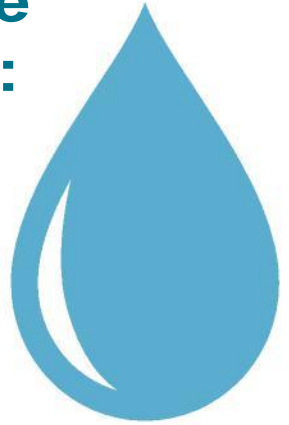
Dry clothes outside whenever you can – either on a washing line or a clothes rail.


If the weather is bad and you have to dry laundry indoors, don't put wet washing on radiators. Use a clothes rail and open the window to help air circulate and the moisture escape.





# Tips for reducing moisture and improving ventilation: Bathing and showering



Taking a bath or shower = 

- Try putting cold water in the bath before adding hot water to reduce the amount of steam
- Open the window and leave it open for a little while after your shower or bath to help moisture escape
- Wipe down cold surfaces such as mirrors after your shower or bath
- If showering, use a shower curtain or screen to keep water contained
- Avoid splashing water onto walls that are not tiled

If you have  
an extractor  
fan fitted,  
use it





## Tips to improve ventilation

- Open windows when you can
- If fitted, use extractor fans or window vents
- Position wardrobes and other furniture against internal walls rather than colder external ones where possible
- Leave a gap between furniture and the wall for air to circulate

Your windows may have vents at the top – if so, slide to open and this will allow air to circulate even when the window is closed





## Tips for heating

- Try to keep your home warm enough to reduce condensation, around 18-21°C
- Use your timer and thermostat to set your heating
- Do close your room doors to keep heat in and moisture out

## What do I do next?

If you follow the advice in this leaflet, you should notice a considerable improvement within four to six weeks. If the mould / damp persists, please contact us:

**Call the private sector environmental health housing team on 0191 6436100**

**Email:** [environmental.health@northtyneside.gov.uk](mailto:environmental.health@northtyneside.gov.uk)