

## Condensation

## & Damp



### What is condensation?

Condensation happens when warm, moist air comes into contact with cold surfaces, such as windows. This causes the air to condense and form small droplets of water. It usually happens during the cold weather in the winter months between October—April. Sometimes condensation can cause black mould to grow, especially in places where there is no ventilation.

### What causes condensation?

There are three main reasons that condensation

occurs:

- **Poor Ventilation**
- **Lack of heating**
- **Too much moisture in the air**

Everyday activities such as cooking, washing and drying clothes inside the house can add moisture to the air in your home causing condensation.

### **Research shows the amount of moisture produced is:**

- ◆ **Two people active for one day = 3 pints**
- ◆ **Cooking and boiling a kettle = 6 pints**
- ◆ **Having a bath or shower = 2 pints**
  - ◆ **Washing clothes = 1 pint**
- ◆ **Drying clothes indoors = 9 pints**

**In just one day, this all adds up to = 21 pints**



### What to do if you see condensation

- **If you see condensation, wipe it away to stop mould growing**
- **If you see mould already growing, wipe it away using a cloth and an anti-mould cleaning product (you can buy these in most supermarkets and DIY stores). Always follow the instructions and wear rubber gloves**
- **To stop new mould growing, ventilate your rooms as often as possible**



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**The best way to avoid condensation and damp is to keep your home warm and well ventilated**

### Ways to help keep your home well ventilated

- ◆ If you can, open a window first thing in the morning to allow a change of air
  - ◆ Keep your trickle vents open. This will allow air to circulate
    - ◆ Always dry clothes outside whenever possible
- ◆ If you have to dry clothes inside, make sure you open the window where the clothes are drying, and close the door
- ◆ If you use a tumble dryer, make sure it is properly vented to the outside of your home
  - ◆ When you are cooking, cover pans with lids and open a window
- ◆ When you take a bath or shower, open the bathroom window and close the door—make sure you use the extractor fan
  - ◆ Leave space around your furniture to allow air to circulate
    - ◆ Do not block air vents

### Ways to help keep your home warm

- The best way to keep your home warm is to leave steady background heating on all day. If you have central heating, keep it on a low setting in all rooms (even the ones you don't always use). Very low heat is enough to reduce condensation
- In very cold weather keep the heating on low all the time, rather than turning it on and off for short times. Keeping heating on a low setting will not necessarily cost more.
- If you do not have central heating, try to let some heat circulate into colder rooms