



# Preventing condensation, damp and mould

At Places for People, we're committed to supporting you in maintaining a healthy home environment. Condensation, damp and mould can be common concerns, but with the right knowledge and preventative measures, they can be effectively managed.

This leaflet provides practical advice to help reduce condensation, damp and mould, ensuring your home remains comfortable and safe.

# Condensation

## Understanding condensation

Condensation occurs when warm, moist air meets a cooler surface, such as windows, walls, or mirrors. This is a normal part of everyday activities like cooking, showering and drying clothes, however there are steps you can take to help reduce or prevent this.



### Simple steps to reduce condensation

#### 1. Reduce moisture in the air

- Use lids on pans when cooking to minimise steam.
- Dry clothes outside where possible or use a vented tumble dryer.
- Avoid overfilling wardrobes and cupboards to allow air to circulate.

#### 2. Improve ventilation

- Open windows during and after cooking or bathing.
- Use extractor fans in the kitchen and bathroom, ensuring they're working efficiently.
- Keep furniture slightly away from walls to allow air movement.
- Ensure trickle vents are open if condensation is building.

#### 3. Maintain consistent heat

- Keep a low, steady temperature in your home. 18 degrees during the day and 16 degrees at night is the minimum recommended temperature.
- Avoid letting rooms cool completely, as this encourages condensation to form.
- Ensure windows and doors are draught-proofed to keep warmth in.

## What to do if you notice mould

If damp or condensation has led to mould in your home, you can:

- Wipe affected areas with a fungicidal cleaner.
- Always spray the cleaner onto a cloth rather than directly onto the surface to avoid spreading spores.
- Avoid using bleach outside of kitchen or bathroom cleaning as it is not an approved mould treatment product and could be harmful.
- Small areas of mould on tiles can be treated with approved products

If the issue persists or you're struggling to manage mould, please contact us through your online account or by calling **01772 667 002**. We're here to help.



## How we can support you

Our team is dedicated to helping resolve damp and mould issues. If you're experiencing problems:

- **Contact Us:** Report issues using our online healthy homes form, via your online account or call us directly on **01772 667 002**.
- **Free Advice:** We'll provide guidance and support to help reduce condensation in your home.
- **Inspections and Repairs:** We use a triage process to assess the best way forward to treating damp and mould within the home. If necessary, we'll arrange for an operative to visit your home to investigate and resolve underlying causes, such as leaks or inadequate ventilation.

## Working together for a healthy home

By following these tips and keeping us informed of any concerns, together we can create healthy homes where everyone thrives.

It is easy to report damp and mould, get in touch by scanning the QR code.

