



# Damp, mould and condensation

If you see signs of damp, mould or condensation in your home, it is important that you let us know.

Get in touch and help us tackle it together.

Call 01592 630922, email [customerservices@kha.scot](mailto:customerservices@kha.scot) or send a message through your MyKingdom portal.

We want your home to be a place where you feel warm, safe and comfortable. Somewhere you love living, without worrying about damp or mould.

In this leaflet, you'll find simple tips to cut down on condensation and keep your home free from damp and mould. If you ever need help, we're always here for you.

**Living with damp and mould can be bad for your health but we can tackle it together.**

## What is condensation?

The air around us always contains moisture. Most moisture in your home comes from the things we do every day like cooking, bathing and even breathing.

In a home with 4 people, each person will contribute roughly 4 pints of moisture each day. That's over 100 pints of water vapour each week, and it has to go somewhere.

If the moisture stays in the air there won't be a problem with condensation. Condensation happens when moist air comes into contact with a cold surface. You can often see this as water droplets on windows, ceramic tiles, mirrors, walls and ceilings.

You might also see condensation in poorly ventilated parts of your home such as in cupboards and you may notice wallpaper peeling or dark stains appearing in the corners of rooms.

## How does condensation create mould?

If condensation forms regularly and isn't wiped away or ventilated away it can sometimes lead to black mould growing. Mould is most likely to appear in the rooms where we produce most moisture so you might see it in bathrooms, kitchens and bedrooms.

It can also appear on cold surfaces like around external window frames and external doors. Reducing excess moisture in your home and increasing ventilation will lower the chance of mould forming.





## Tips to reduce condensation

- If you can, close kitchen and bathroom doors when using these rooms.
- Always use the extractor fans, if fitted, when using the kitchen or bathroom and leave on for 15-20 minutes after use.
- Keep window vents open when rooms are occupied. Open windows for 5-10 minutes every few hours for an air change.
- Wipe away any condensation with a clean and dry cloth and wring the cloth out.
- Heat your home evenly during the day and night to 18-20 degrees, particularly during colder months.
- Allow space for air to circulate around furniture if it is placed against an external wall.
- Put lids on pots and pans when you cook, to reduce the steam.
- When running a bath, put cold water in first then add hot – it reduces steam by 90%.
- If you use a tumble dryer, make sure it's properly vented to an open window or through an outside wall.
- Wet clothing is one of the biggest sources of moisture in the home. Drying clothes outside is the best option but that isn't always possible due to the weather or if you don't have access to an outside drying space. If you need to dry clothes inside, use a clothes airer. Drying washing over radiators creates a lot of moisture in the air quickly so it should be avoided if possible. If you have to dry clothes over a radiator, try to keep it to a single well-ventilated room and keep the door closed.

## Tackling damp and mould together

Following our tips will help reduce condensation in your home and prevent mould from developing. But if you do see mould, you should treat it as soon as possible to prevent it from spreading.

Sterilise the area with a suitable fungicidal wash and follow the manufacturer's instructions. These are available from most DIY stores and supermarkets. Keep an eye on the affected area for at least one week and if the mould reappears, wash it again with the fungicidal wash to make sure the area is completely sterilised.

If the treatment is successful, you can carry out any necessary redecoration. If you are painting, use a good quality fungicidal paint but remember it won't be effective if it is later covered by ordinary paint or wallpaper.

If you are wallpapering, use a paste containing a fungicide to prevent further mould growth. If mould or mildew is growing on clothing or carpets, dry clean them. Don't disturb mould by vacuuming or brushing as this could spread mould spores in the air.

To prevent mould from reappearing, make sure you stick to our tips for reducing condensation in your home.



**We are committed to tackling damp and mould together so if you have tried to reduce the moisture in your home but it isn't working, get in touch and we will be happy to provide more support and assistance. You can call us on 01592 630922, email [customerservices@kha.scot](mailto:customerservices@kha.scot) or message us through your MyKingdom portal.**

**Condensation isn't usually a building fault but on rare occasions may be linked to penetrating or rising damp. If we find an issue with the building, we will do all we can to solve the problem.**