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How to Minimise Condensation and Mould in Your Home

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STEPS FOR MANAGING MOULD

Condensation and mould can be a big problem in homes, especially during colder months. They can cause damage to your home and impact your health. However, with a few simple steps, you can reduce the risk of condensation and mould growth in your home. Here's how:

By following the below steps, you can help prevent condensation and mould in your home, creating a healthier and more comfortable living environment. Remember that small actions every day can make a big difference in the long run. Stay warm, keep air flowing, and don't ignore early signs of dampness!

Understanding Condensation and Mould

Condensation occurs when warm, moist air comes into contact with cold surfaces like windows, walls, or ceilings. The moisture turns into water droplets, leading to potential mould growth.

Mould thrives in damp, poorly ventilated areas. It can cause health problems, especially for people with asthma, respiratory conditions, or allergies.

COMMON CAUSES OF CONDENSATION



Cooking, showering, or drying clothes indoors without proper ventilation.



Poor heating: Rooms that are not heated adequately or unevenly can increase condensation.



Lack of ventilation: Insufficient airflow in kitchens, bathrooms, and bedrooms can trap moisture.

STEPS FOR MANAGING MOULD

Ventilate Your Home Properly



Open windows for at least 20 minutes each day to allow fresh air to circulate. This helps reduce moisture buildup inside.



If your home has extractor fans, turn them on when cooking or showering. These help remove excess moisture.



Make sure air vents in your home are not blocked or covered, as they help with airflow.



If possible, use a dehumidifier to remove moisture from the air, especially in rooms like the kitchen and bathroom.

Manage Moisture in Specific Areas



Kitchen: When cooking, use an extractor fan or open the window. Keep lids on pans and try to avoid creating too much steam.



Windows: If condensation forms on windows, wipe them down regularly to prevent mould growth.



Bathroom: Always run the extractor fan when showering or bathing for at least 30 minutes or one hour after use. The extractor fan in the bathroom or toilet should never be turned off at the isolator switch. Wipe down windows and walls after use to prevent moisture buildup. Opening the window after a shower or bath will also help with reducing condensation in the room.



Bedrooms are often the first place condensation occurs. Why? because throughout the night we create humidity in bedrooms from breathing and perspiration - and this is the time when the temperature of the rooms falls to its lowest point. These are perfect conditions for condensation to form. And where condensation regularly forms then mould will follow sure as night follows day. So leaving bedroom doors open or ajar overnight will help air to circulate and reduce condensation. This is particularly true where there are two people in the same room.

Keep Your Home Warm



Try to **keep your home warm**, especially in the winter. A constant, low level of heating is better than letting your home get very cold and then warming it up again. Ideally your home should be heated between 18°C and 21°C.



If you have large windows, **using curtains can help to retain heat** and reduce condensation on windows. Closing blinds and curtains when it's cold will help limit your home's heat loss, meaning rooms will feel cosier and you might not have to spend as much on heating. Make sure blinds and curtains don't block any heat from radiators from getting into the room.

Control Moisture



If possible, **avoid drying clothes indoors**. If you must dry clothes inside, do it in a well-ventilated room, or use a tumble dryer with a vent outside. Try not to dry towels/clothes on the radiator in the bathroom, this adds additional moisture to the bathroom air which leads to condensation.



Always **cover pans when cooking** to reduce the amount of steam released into the air.

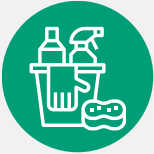


When taking a shower or bath, **close the bathroom door** to prevent moisture from spreading to other rooms. The radiator in your bathroom should be used to dry the air each day. If not used, the air in the bathroom will retain moisture, leading to condensation

Use Anti-Mould Products



Mould-resistant paints: Consider using anti-mould paints or sprays on areas that are prone to damp, such as bathrooms and kitchens.



Clean mould regularly: If you see small patches of mould, clean them immediately using an anti-fungal cleaner. Always wear gloves and ensure the area is well-ventilated.

Look Out for Problem Areas



Check for leaks: Regularly check for leaks around your windows, doors, and pipes. If you find any, report them to Respond immediately.



Wall condition: If you notice persistent damp patches or peeling paint on your walls, it could indicate a bigger problem with dampness or condensation. Please contact your Tenant Relations Officer or the Customer Service Centre.

REPORT AN ISSUE

If you notice persistent mould, dampness, or ventilation issues in your home, report it to Respond. We may be able to help address the issue, especially if it is related to the building structure, heating, or insulation.



01 808 7700



info@respond.ie