



Condensation is the most common form of damp in homes.

It appears when excess moisture in the air comes into contact with a cold surface, such as a window or a cold wall. It can lead to mould growth and tends to be worse in winter.

## VENTILATION & CONTROLLING MOISTURE

Everyday activities like cooking, showering and drying clothes create moisture in your home which can increase the chance of condensation. It can help if you:

- Keep window trickle vents in the open position
- Cover pans when cooking and use an extractor fan
- Use extract fans in kitchens and bathrooms and open windows when cooking or bathing
- Keep kitchen and bathroom doors closed when cooking or bathing and open a window in the room where the activity is taking place to stop moisture accessing other areas of the home
- Run the cold water first then add the hot when filling a bath, this will reduce the amount of steam produced by around 90%
- Leave a gap between your furniture and external walls to allow air circulation
- Dry clothes outdoors or use an outside vented tumble dryer. If drying washing indoors is unavoidable, then dry it in a closed, heated and well-ventilated room (such as a bathroom) with the window slightly open. Use an extractor fan if fitted, and avoid drying clothes on radiators
- Open your bedroom windows for 5-10 minutes when you get up



## HEATING YOUR HOME



Try to keep your home properly heated. It usually helps to have a low background temperature in all rooms.

If you don't have heating in every room of your house, keep doors to unheated rooms open to allow the warm air from the heated rooms to circulate.

Don't use portable bottled gas heaters as they give out a lot of moisture