Dealing with damp and condensation

Polish Niniejsza broszura zawiera informacje dotyczące radzenia sobie z kondensacją i wilgocią w domu/mieszkaniu. Zapewniamy niniejsze informacje w Państwa języku ojczystym.

Turkish Bu kitapçık, yoğunlaşma ve nem ile nasıl başa çıkabileceğinizi anlatmaktadır. Bu bilgileri kendi dilinize alabilirsiniz.

Cantonese 本宣傳冊將告訴您如何處理冷凝和潮溼，我們可以您所需的語言提供該資訊。
This booklet tells you how condensation forms and how you can keep it to a minimum to reduce the risk of dampness and mould growth in your home.

What is condensation?

Condensation is caused when the water vapour or moisture created inside your home comes into contact with a colder surface for example, a window, glazed tiles or an outside wall.

The resulting water drops caused by condensation may then soak into paintwork, creating the ideal conditions for black mould spores to form.

Condensation mainly occurs in the colder months regardless of whether it is wet or dry outside.

It is most often found in corners and north facing walls or in areas where there is little air circulation such as built-in cupboards or behind wardrobes and beds, especially when they are pushed up against external walls.
How is moisture produced in the home?

Our everyday activities such as cooking, cleaning and bathing all add moisture to the air inside our homes.

Did you know?

Everything we do adds moisture to the air

This table shows you how much extra moisture is created in your home in a typical day.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Moisture produced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two people just being at home for 16 hours</td>
<td>1.5 litres</td>
</tr>
<tr>
<td>Taking a bath or shower</td>
<td>1 litre</td>
</tr>
<tr>
<td>Drying clothes indoors</td>
<td>4.5 litres</td>
</tr>
<tr>
<td>Cooking and using a kettle</td>
<td>3 litres</td>
</tr>
<tr>
<td>Washing up</td>
<td>1 litre</td>
</tr>
</tbody>
</table>

These activities create an extra 11 litres of moisture every day
How to combat condensation

There are six easy steps to deal with condensation.

Following them will help keep your home free from condensation and mould.

1. Create less moisture

Cover your pans when cooking

- If you have an extractor fan, turn it on
- Or
  - Open the window to let the steam to escape.

Dry washing outside

- If this is not possible
  - Use a tumble drier and vent it outside
  - Or
    - Dry the washing in one room which is heated and ventilated but keep the door closed.
2. Air and ventilate to let moisture escape

Always open the windows when cooking and after having a bath to let hot, steamy air out and cool dry air in.

Regularly air the inside of cupboards and wardrobes by leaving their doors open.

3. Wipe away excess moisture

Every morning, wipe away moisture from windows and window sills.

Just opening the window will not clear the moisture.
4. Insulate and draught proof your home

This shows how the average home loses heat

To stop heat escaping from your home

- Insulate your loft to a depth of 270mm (10 inches)
- Insulate your cavity walls
- Draught proof your windows and external doors

Find out how to heat your home for less by installing energy saving home improvements at www.betterhomesyorkshire.co.uk

0800 597 1500
5. Keep some heating on low all day

- Keep some low background heat on all day and all night, especially in bedrooms, kitchen and the bathroom.
  
  This helps because heating and ventilation increases the movement of air through convection and reduces the likelihood of condensation.

- Avoid using portable gas and paraffin heaters. These produce as much as five litres of moisture a day as the fuel burns.

6. Keep wiping, keep airing

By wiping up condensation from windows and sills and opening windows you are removing both water and water vapour from your rooms.

It’s cheaper and healthier to heat cool, dry air than warm, moist air.

Keep furniture away from walls so air can circulate behind it.
What is mould?

Mould spores are invisible to the naked eye. They are always present in the atmosphere both inside and outside your home.

They only become visible when they land on a surface and multiply.

Mould needs four things to survive:

1) **Food** (starch) obtained from the surface it lands on
2) **Moisture** obtained from the condensation droplets
3) **A suitable temperature to grow** supplied by you
4) **Oxygen** found in the air in your home

Mould growth is mainly dependant on moisture being present. Usually the first sign of a problem is water vapour condensing on windows and other cold surfaces. The second is black mould patches growing on surfaces.

Condensation and mould growth can affect us all - homeowner and tenant alike. Because it is caused by our everyday living activities, we can take the steps needed to reduce it ourselves.

Condensation is the real problem
Black mould is only a symptom
Deal with the causes of condensation and you will automatically deal with the problem of mould.
How can I treat mould?

There are several things you can do to treat mould.

- Wipe affected areas with a fungicidal wash from a DIY shop. (Follow the manufacturers’ instructions.)
- Dry-clean mildewed clothes and shampoo carpets, but avoid breathing mould spores in.
- After treating affected areas, redecorate with an oil-based sealer or primer, followed by a fungicidal paint.

Stay alert!

To prevent mould recurring, be aware of how much moisture is in your home. Keep this booklet handy to help you control any future problems with condensation.

What if the problem isn’t condensation?

Dampness can also be caused by:

- leaking pipes, wastes or overflows
- damaged gutters or rainwater pipes causing leakage.
- rising damp if the damp proof course isn't functioning.

If you are affected by any of these problems contact your landlord or contact us for a home maintenance advice pack

01904 552300
Find out if you could get help to keep warm

There are a number of schemes to help people stay warm in winter. The main ones are shown below.

Remember qualifying dates or amounts change each year. **Those below are for winter 2014/15.**

- **Warm Home Discount**
  £140 discount on your electricity bill if you get Pension Credit and your electricity supplier is part of this scheme. Call your supplier direct to find out if they offer this discount.

  Warm Home Discount Team 📞 0345 603 9439.

- **Winter Fuel Payment**
  £100 - £300 is available tax free to everyone born on or before 5 July 1952 to help pay for heating bills. Most payments are made automatically between November and December. Contact them if you think you qualify but haven’t received a payment by Christmas.

  Winter Fuel Payment helpline 📞 08459 151515.

- **Cold Weather Payment**
  People on qualifying benefits receive a £25 payment for each seven day period between 1 November and 31 March when the temperature averages zero degrees or below for seven days.

  If you think you qualify but haven’t received a payment contact your pension centre or Jobcentre Plus office.
### Useful phone numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better Homes Yorkshire</td>
<td>0800 597 1500</td>
</tr>
<tr>
<td>Gas (leaks)</td>
<td>0800 111999</td>
</tr>
<tr>
<td>Electricity (power cuts)</td>
<td>0800 375675</td>
</tr>
<tr>
<td>York Citizens Advice Bureau</td>
<td>03444 111444</td>
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<tr>
<td>Winter Fuel Payments</td>
<td>0845 9151515</td>
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<tr>
<td>Age UK York</td>
<td>01904 627995</td>
</tr>
<tr>
<td>City Of York Council Benefits</td>
<td>01904 551556</td>
</tr>
<tr>
<td>Customer Services</td>
<td>01904 551550</td>
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</tbody>
</table>

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This booklet is intended to give you general information only