

Preventing Condensation & Mould.

During the winter months Mould and Condensation can become a problem. This occurs when moisture in cold air comes into contact with warm surfaces.

Mould can be a serious risk to those with respiratory complications.

These are some tips that can help you to reduce the build up of Condensation and Mould.



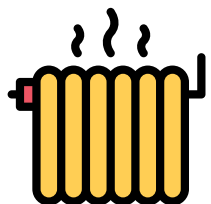
On dry days open the windows for a short time, once a day. This will allow fresh air to enter your property. If you have trickle or air vents in your windows, keep them open.



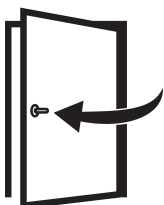
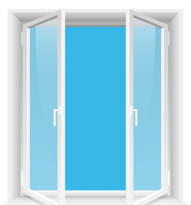
If there are droplets of water on the windows, wipe them off.



When cooking keep lids on your pots and pans to stop moisture from escaping.



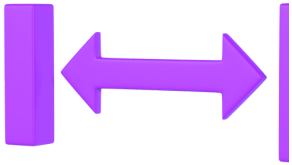
Keep the heating at a constant temperature. This will help raise the temperature of surfaces within your home, helping to reduce condensation.



When bathing, keep doors closed and windows open

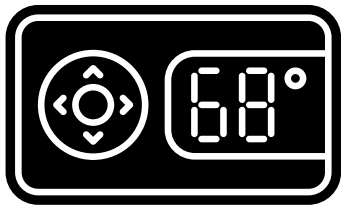


Keep extractor fans switched on to extract moisture from the air. They are very cheap to run, using less energy than a lightbulb and only costing £1 a month to run.

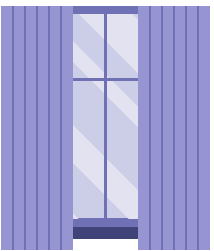


Keep furniture away from outside walls to allow air circulation. Cool areas behind furniture will be high humidity areas conducive to mould growth.

Keeping warm



Keep the temperature in your home at at least 18 Degrees Centigrade.



Use Thermal lined Curtains over windows and doors. They are very good at reducing drafts and keeping heat in.



Try not to use a portable gas heater. They create high levels of humidity and are expensive to run. They also release harmful gases into the air.