



East Lothian
Council

Don't let condensation and mould ruin your home

**Your guide
to managing
condensation
and preventing
mould**





Versions of this leaflet can be supplied in Braille, large print, audiotape or in your own language. Please phone Customer Services if you require assistance on 01620 827199

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Left untreated condensation will cause mould and damage to your property and possessions.

Mould spores can pose a danger to health, particularly to children, older people and people with existing skin and respiratory conditions or a weaker immune system.

Condensation

There is always some moisture in the air, even if you cannot see it. Condensation happens when warm, moist air in your house comes into contact with cold surfaces and forms water droplets.

You tend to notice condensation in some areas more than others such as around windows or on north facing walls. It is often found behind wardrobes or in cupboards.

Condensation is more common in the winter months. This is the time when surfaces are colder and this can lead to unsightly mould growth.

Preventing condensation

- Make sure your house is **heated** regularly
- **Reduce** the amount of **moisture** produced in your home (see page 6)
- **Ventilate rooms**, especially after cooking or having a bath or shower.

Mould

Where condensation appears, mould is likely to grow, particularly on cold, external-facing walls and ceilings.

Treating mould

It can be treated with a **specialist mould remover**, or **soapy water** and disposable wipes/kitchen towel.

Every wipe/towel must be single-use and bagged and binned immediately.

If using a specialist mould remover always follow the manufacturer's instructions.

Fungicidal paints are available and can help prevent mould reappearing.

Tips to prevent condensation from affecting your home

Windows

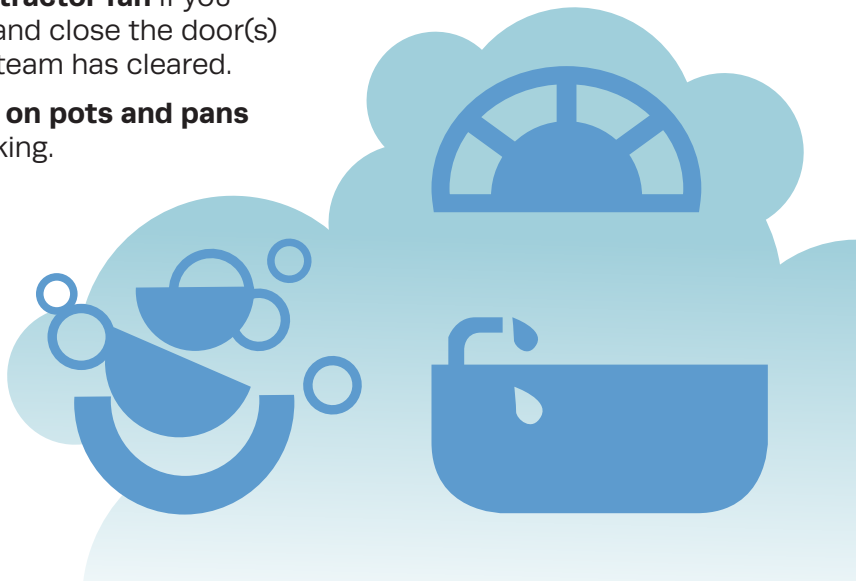
- **Open curtains** and blinds during the day.
- Ensure **window trickle vents are permanently left open**
- **Wipe down surfaces** where condensation has collected, particularly in the winter months, to prevent mould growth.
Use disposable wipes / kitchen towel and bin after use.

In the kitchen

- Keep the **door closed** and **window open** when cooking.
- **Use an extractor fan** if you have one and close the door(s) until the steam has cleared.
- **Keep a lid on pots and pans** when cooking.

In the bathroom

- Keep the **door closed** and the **window open** during/after bathing and until the bathroom dries off.
- **Use an extractor fan** to clear the steam.
- **Wipe down surfaces** where condensation has collected, such as shower screens, cisterns, windows, mirrors and tiled surfaces.
Use disposable wipes/kitchen towel and bin after use.
- **Use radiators** in bathrooms.



*For annual running cost information visit:
www.envirovent.com/annual-running-costs

Heating and ventilation

- Where possible try to **heat all rooms at least partially** between 18 and 21 degrees Celsius, (if you are out of the house during the day you could time the heating to come on). It is better to have a low heat for a long period than a lot of heat for a short time.
- Try to **ventilate your rooms** whenever possible – opening windows will remove moist air.
- Keep window trickle **vents open** and any wall vents open and clear.
- **Always use extractor fans** in kitchens and bathrooms, **fans can be as cheap as £10 each per year to run***.
- Where possible, furniture should not be positioned up against an external wall.

Drying laundry indoors

- Always **dry clothes outdoors** if possible.
- If you must dry clothes **indoors use an airer in a well heated and ventilated room**.
- Try to **avoid drying clothes on radiators**.
- **Don't use an unventilated cupboard for drying** clothes as this will encourage mould growth.
- When **storing clothes, towels and bedding**, make sure that there is enough space at the back of the shelves to allow a **flow of air**.
- If using one; **ensure tumble drier is self-condensing or vented externally**
- Ensure clothes are **fully dry before storing**.



Some daily household activities create more moisture than you might expect...



**DRYING LAUNDRY
INDOORS**



PINTS WASHING DISHES



**COOKING
& BOILING
KETTLE**



**FROM TWO
PEOPLE BEING
AT HOME
FOR 16 HOURS**



**HAVING A BATH
OR SHOWER**



**2
PINTS**

Heating your home

The energy efficiency of your home has a big impact on the cost of gas and electricity. For home energy efficiency advice visit www.homeenergyscotland.org.uk or call them on **0808 808 2282**.

If you are having difficulty managing your heating system, or your gas or electricity bills are high, or you struggle to keep your home warm in the winter, please visit www.changeworks.org.uk or call **0131 555 4010**.

The cost of living is affecting us all. If you're struggling to heat your home, East Lothian Council's Financial Inclusion Team can help make sure you're getting all the help you are entitled to. Please visit us at www.eastlothian.gov.uk/boost or call **01620 827 827** and ask for the Financial Inclusion Team.

We're living through stressful times just now, and everyone's feeling it.

Our staff are doing their best to assist local residents and businesses whilst delivering essential services.

Please, be nice.

*Thanks for your patience
& politeness*



Contact us

If you need further assistance with condensation and mould problems, please call us on **01875 824 311** and ask for our **Repairs Team**.

East Lothian Council – Community Housing Repairs Team, Penston House
Macmerry EH33 1EX www.eastlothian.gov.uk/housing

Feedback

Comments, complaints and suggestions

We follow the Scottish Public Services Ombudsman's standard complaints handling procedures and welcome all feedback on our services, including comments, complaints and suggestions. Visit www.eastlothian.gov.uk/complaints or call our Customer Feedback Team on **0131 653 5290**