

CONDENSATION – THE FACTS

Condensation is water droplets that form when moisture and steam in the air come into contact with a cold surface. If left unattended, condensation can lead to mould growths which not only look unsightly but can cause health problems in people with asthma and other respiratory conditions.

Condensation can be quite easily avoided by using two simple rules:

1. Avoid creating excess moisture in the first place:

- **Dry washing outside** whenever possible – if you must dry it inside, put it all on a clothes airer in one room with the window opened wide and the door closed. **NEVER** dry washing over radiators/heaters!
- **Vent tumble driers outside** – even hanging the hose out of an open window is better than nothing. If you have a condensing tumble drier you still need to open a window nearby as they do not condense all the moisture.
- Indoor plants can look lovely and brighten up a home, but they can create a lot of moisture so **try not to over-water them** and keep them near open windows.
- When in use, **leave heating on a low background heat**. A lot of condensation problems occur in the winter when the heating is up full and the windows are shut tight. Turning the heating on and off daily causes extreme changes in temperature in rooms, which can lead to condensation forming. It is better to leave a low background heat on constantly. Thermostatic radiator valves (where fitted) are perfect for this.
- **Cover pans when cooking** and don't leave kettles boiling.

2. Properly ventilate your home to stop moisture building up in one place:

- **Open all windows for at least 30 min a day**, even in the winter. Rooms where a lot of moisture is created (like kitchens and bathrooms) will need the windows open longer.
- If you have **trickle vents**, leave these open as much as possible.
- **Open windows after cooking or bathing/showering**. If you don't have a window in the bathroom/ kitchen make sure you leave the extractor fan running to clear the steam. Condensation collects first on mirrors and other glass so watch for these to clear before shutting the window/switching off the fan. If you don't have a window or a working fan, let us know as soon as possible!
- **Leave at least a 5cm gap between bulky furniture and the walls** and avoid filling cupboards and spaces under beds to the brim. This allows the air to move around the spaces and avoids suffocating the walls.

Did you know...?

Moisture is formed daily by simply living. Check out how many **litres** of water vapour are created by each of these day-to-day activities:

Taking a bath or shower	1
Tumble drier	4
Cooking	2
Two adults breathing	2

Other tips

When decorating, use anti-fungal paste to put up wallpaper to avoid mould growths between the wallpaper and the wall. Small problem areas (such as dark corners that don't seem to get aired easily) can be treated with an anti-fungal paint before decorating which will prevent the mould growing ("Zissner" is a good quality brand that we have used in the past).

And if the worst should happen...?

If you find mould growth, don't panic! Clean off the mould with household bleach, follow all the points above and monitor the area for a month. If you still have problems, contact the office and we can come and have a look and see what we can advise. Mould tends only to grow in pure water forms (i.e. condensation) and does not usually indicate damp.