



Mould & Condensation

Helpful tips on **how to reduce** problems in your home caused by **mould** and **condensation**.

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1. What is **condensation**?

Condensation is a common issue and is easily controlled. It's created through our everyday activities at home from bathing to cooking and drying clothes. Even breathing adds some moisture to the air.

Common causes for condensation are:

- Too much moisture being produced
- Not enough ventilation
- Cold surfaces
- Poorly heated rooms.

2. First steps against **condensation**

Dry your windows and windowsills every morning with a cloth. You'll also need to check and dry surfaces in the kitchen or bathroom as they may have become wet due to steam. Wring out the cloth rather than drying it on a radiator.

3. The effects of excessive **condensation**

If moisture has been present for a long time or condensation is excessive, mould may have begun to grow. If left untreated, mould will spread so it must be treated as soon as you see it. Mould can also worsen existing respiratory problems, including asthma and bronchitis.

4. First steps to removing **mould**

Take a photo of the mould before you begin treatment. It will help you monitor your progress with controlling the cause and show if changes you've made are working.

To kill and remove mould, wipe down or spray walls and window frames with a fungicidal wash, often available from supermarkets, that carries a Health and Safety Executive (HSE) 'approval number'.

Dry-clean any clothes with mildew and shampoo any affected carpets. Do not try to remove mould by using a brush or vacuum cleaner.



5. Controlling **mould & condensation**

Reduce moisture

To reduce the amount of steam you produce:

- Cook with pan lids on
- Reduce your shower time to five minutes and keep the bathroom door shut
- Fill your bath with the cold water first then add in the hot - it will reduce the steam by 90%
- Hang your washing outside to dry, or hang it in the bathroom with the door closed and a window slightly open or extractor fan on.

Ventilate your property

All properties will have some form of ventilation to help remove moist air and replace it with fresh air from outside. Ventilation is designed to keep your home fresh, healthy and comfortable.

You can also reduce the potential for condensation by 'cross-ventilating' your home for 30 minutes every day. You can do this by opening small windows on opposite sides of the house (or diagonally opposite if you live in a flat). You only need to open your windows to the first notch. Make sure accessible windows will not cause a security problem and remember to close them when you go out.

Keep warm

Condensation becomes less likely when your home is warm.

Heating one room to a high level and leaving other rooms cold creates and worsens condensation in the unheated rooms. It is better to have a medium level of heat throughout. If you don't have heating in every room, you could keep the doors of unheated rooms open to allow some heat into them.

Reduce mould growth

After initially treating the mould we advise you redecorate using a good-quality fungicidal paint, or if you're replacing or hanging wallpaper use a fungicidal resistant paste, to help prevent mould reoccurring. The effect of fungicidal or anti-mould paint is destroyed if covered with ordinary paint or wallpaper.



Ways to save energy at home

- Turn the thermostat down by 1°C. You will hardly notice a difference and it could save you money on your energy costs
- Wash clothes at 30°C
- Switch off electrical items at the plug when you have finished using them
- Only light rooms with people in
- Shut curtains at dusk during the winter to keep the heat in
- Boil only what you need when using the kettle, making sure you cover the element.

Keep a check on your energy costs, and if you're worried about heating costs always call your energy provider first. They'll be able to check if your current tariff suits your needs and may also be able to check if you're eligible for certain benefits that help pay towards your energy costs.

You can also **call:**

Home Heat Helpline

0800 33 66 99

Citizens Advice Bureau (CAB) Consumer Line

08454 04 05 06

Energy Savings Trust (EST)

0800 123 1234

If your problems with **mould & condensation** persist after following these guidelines, contact us to discuss the problems you're experiencing.

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