

Condensation, Dampness and Mould

Help Keep Your Home Warm, Dry and Healthy





Condensation

Condensation is the most common cause of dampness and mould in the home. It happens when warm, moist air comes into contact with cold surfaces such as windows, walls and mirrors.

You can spot it easily on window frames, in corners, within or behind wardrobes and in severe cases bedding and furnishings and there can be a musty smell.

Everyday activities such as cooking, bathing, drying clothes and even breathing add moisture to the air. If this moisture cannot escape, condensation can form and may lead to mould growth.

Mould can damage your home and belongings and may affect your health, particularly if you have asthma, allergies or respiratory conditions.





What Can I Do to Reduce Condensation?

1. Open Windows and Use Ventilation

- Open windows regularly to allow fresh air to circulate.
- Use extractor fans when cooking or bathing.
- Leave trickle vents open if your windows have them.
- Avoid blocking air vents.
- If you have a chimney do not block it instead fit with a ventilation grille.

2. Keep Your Home Warm

- Try to maintain a steady temperature throughout your home.
- Heating your home consistently can help reduce condensation.
- Avoid large fluctuations in temperature where possible.

3. When Cooking

- Put lids on pots and pans.
 - Use your extractor fan or open a window.
 - Keep kitchen doors closed where possible to stop moisture spreading through your home.
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4. After Bathing or Showering

- Keep the bathroom door closed.
- Use the extractor fan or open a window.
- Wipe excess water from walls, tiles and windows if necessary.
- Open the window fully for 10- 15 minutes

5. Drying Clothes

- Avoid drying clothes on radiators.
- Dry clothes outdoors whenever possible.
- If drying clothes indoors, use a well-ventilated room and keep a window open.
- If available, use a tumble dryer vented to the outside.

6. Arrange Furniture Carefully

- Leave a small gap between furniture and external walls.
- Allow air to circulate behind wardrobes, beds and sofas.

7. Remove Condensation

- Wipe moisture from windows and sills each morning.
 - Dry any affected surfaces thoroughly.
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8. Remove Small Areas of Mould

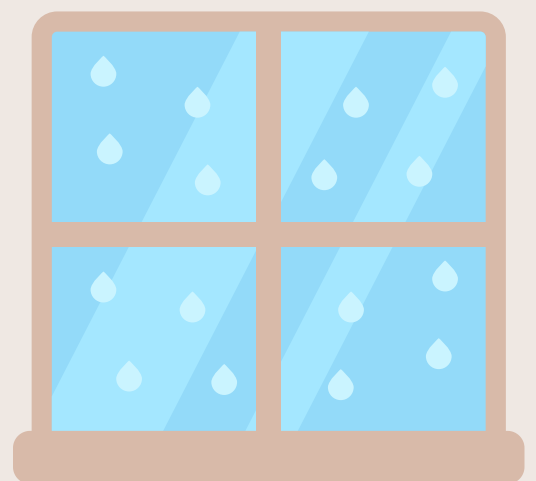
- Wipe mould away as soon as it appears using warm soapy water or a suitable mould and mildew removal product.
- Dry the area thoroughly afterwards.
- Follow the manufacturer's instructions when using cleaning products.

9. Dehumidifier

- Dehumidifiers can help reduce moisture levels in the air, particularly in rooms where condensation occurs regularly.

10. Heating Your Home

- Keep the room temperature throughout your home between 16°C and 20°C



When It Is Not Condensation

There may be instances where dampness or mould appears, but the problem is not condensation. Please contact us if:

- Your extractor fan is not working.
- You notice water penetration from outside the property.
- You have a damage or leaking pipe, gutter, wastes or overflows allowing water to leak into the property.
- Damaged or defective wall coverings (cracked) or roof tiles missing.
- Condensation, dampness or mould continues despite following the advice in this leaflet.
- You require support because a health condition is affected by dampness or mould.

Early reporting helps us provide advice and investigate any underlying issues.

Home Energy Advice and Financial Support

Ochil View Housing Associations Tenancy Sustainment Officer works in partnership with Home Energy Advice Teams in Clackmannanshire and Fife. These specialists can provide the following help:

- Home Energy Advice – Practical and affordable ways to save energy
- Energy Bills – Understanding your energy bills, tariffs and switching supplier
- Fuel Debt – Advice on fuel debt and how to get help

The Tenancy Sustainment Officer can also provide help with benefits advice and income maximisation. If you would like to be referred to a Home Energy Advice Team or want some welfare benefit advice and support please contact **Margaret Hall**, Tenancy Sustainment Officer on **01259 722899** or email **tenancysustainment@ochilviewha.co.uk**



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