

# Keep your home free from damp and mould

## Simple steps to protect your home and your health

### Keeping the warmth in

- Keeping rooms warm helps prevent damp and mould. Aim for between 18°C - 21°C in living rooms, kitchens and bathrooms, and slightly cooler in bedrooms.
- Close your curtains and blinds at night to help keep heat in.
- Don't overlook opening your window trickle vents (usually found at the top of your window). Opening them will help to make it easier to heat dry air and remove moisture. These small vents can make a difference.
- Keep doors closed between warm and cold rooms to avoid moisture in the warm air creating condensation on cold walls.
- Remove any obstructions that are directly in front of radiators to let the heat circulate.
- Open your blinds and curtains when the sun is shining in the day time to allow the natural sunlight to warm up a room.

### Reduce moisture buildup

- Always use lids on saucepans while cooking.
- If you have an extractor fan, switch it on when cooking or showering / bathing
- Avoid drying wet clothes over radiators or using a clothes dryer in a closed room. Tumble dryers should be a condenser type or vented outside.
- Keep internal doors to kitchens and bathrooms closed to stop warm air spreading.
- Wipe down windows or sills (especially in bedrooms) to remove condensation.

### Let your home breathe

- Allow air to circulate in your home by opening windows and internal doors for 30 minutes each day, especially after cooking, bathing or drying clothes indoors.
- Always keep window trickle vents open. These small vents (usually found at the top of your window) will help to allow air to circulate and remove moisture build up.
- Don't block air vents or draught-proof kitchens and bathrooms.
- Ensure there's space between large items of furniture and walls.





## Removing mould and condensation

- Remove condensation and treat mould before it spreads.
- Wipe condensation from windows and other areas with a dry cloth in the morning and open windows for a while.
- You can treat small areas of mould easily. Use a fungicidal wash and remember to protect your hands and face. If you are painting consider using a good quality fungicidal paint to help prevent mould returning.

## My extractor fan is broken, or I don't have one

- If your extractor fan isn't working, please report it so we can arrange for it to be repaired.
- If you don't have an extractor fan, let us know and we'll check if installing one is possible. Most of our properties already have fans in the kitchen and bathroom, but a few, due to their unique design and layout, cannot accommodate a fan installation.

## Works we may carry out if you report damp or mould

- Specialist work.
- Extra ventilation where needed.
- Check your damp proof course.
- Monitor your moisture / humidity levels in your homes.

## Advice we can give

We understand with the rising cost of energy bills you might be worried about putting your heating on. If you're struggling to heat your home, please give us a call on **0300 303 8540**, and we'll put you in touch with our friendly Income Team who'll be happy to help you with advice and support.

## Want more advice?

Call **0300 303 8540**

or visit **[www.southlakeshousing.co.uk](http://www.southlakeshousing.co.uk)**