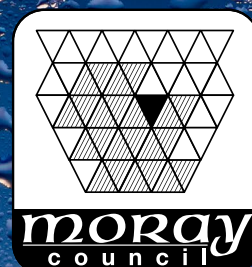


Help Prevent Condensation, Damp and Mould

— A guide for tenants



Alternative Formats?

If you need information from Moray Council in a different language or format, such as Braille, audio tape or large print, please contact:

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Jeśli potrzebują Państwo informacji od Rady Okręgu Moray w innym formacie, takim jak alfabet Braille'a, kasyety audio lub druk dużą czcionką, prosimy o kontakt:

Se necessitar de receber informações por parte do Concelho de Moray num formato diferente, como Braille, cassete áudio ou letras grandes, contacte:

Ja Jums vajadzīga informācija no Marejas domes (Moray Council) citā valodā vai formātā, piemēram, Braila rakstā, audio lentā vai lielā drukā, sazinieties ar:

نیم تروصد این نابز رگید یسکے بدل سنوک یروم وک پآرگا
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"لائم سو پ طبار رک
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Are damp and mould causing problems in your home?

Many people can experience issues with damp and mould in their home at some point. Moulds are caused by too much moisture or condensation in a building. Preventing any moisture in your home is important and can be easier than you might think.

It is important we work together to keep our houses in good condition and your household healthy.

What is condensation?

Condensation happens when there's too much moisture in the air. The warm moist air comes into contact with a cold surface, cools quickly and drops of water appear, especially where there is no or little air circulation.

Condensation only becomes a problem when it builds up and starts to cause mould spores on walls, furniture or soft furnishings.



What is mould?

Mould is a fungus that grows in damp conditions. It releases spores into the air that can be toxic. It is important to control the condensation in your home to stop any mould growing. Mould can cause allergic reactions, respiratory and breathing problems as well as triggering asthma.



The two main causes of moisture and damp are:

1. Something in your home is broken/leaking

- ◆ leaking pipes, roofs, windows, guttering, walls
- ◆ damaged/blocked drains
- ◆ poorly installed garden features/decking
- ◆ rising/penetrating damp in basements or ground floors
- ◆ ground water that has not dried out in a newer build.

Please report your repair issue to us as soon as possible including as much detail as you can to help us diagnose the problem. We may need to arrange an inspection at a time that suits you.


















phone:
0300 123 4566

@ email:
housing@moray.gov.uk

2. Daily activities in your house

- ◆ steam from cooking and kettle
- ◆ steam from showers/baths
- ◆ drying washing, especially over radiators
- ◆ extremes of temperatures in different rooms.
Heating one room and leaving others cold
- ◆ not enough ventilation
- ◆ portable paraffin and bottle gas heaters (each litre burnt produces one litre of moisture)
- ◆ moisture through breathing and sleeping
- ◆ frequent floor washing
- ◆ pets
- ◆ plants

These all cause too much moisture in the air that can turn into condensation causing damp and mould.

	Breathing 	Cooking 	Showering 	Drying 	Total moisture per year
Working couple <ul style="list-style-type: none"> ◆ office working ◆ electric cooker ◆ short daily showers ◆ tumble dry or outdoor drying 	 550 litres	 250 litres	 180 litres	Zero	Approx. 100 buckets
Retired couple <ul style="list-style-type: none"> ◆ at home ◆ gas cooker ◆ short daily showers ◆ washing dried indoors 	 790 litres	1020 litres	 180 litres	 160 litres	Approx. 215 buckets
Typical family with two infants <ul style="list-style-type: none"> ◆ one adult at work ◆ electric cooker ◆ short daily showers ◆ tumble dry or outdoor drying 	 970 litres	 360 litres	 200 litres	Zero	Approx. 155 buckets
Typical family with two teenagers <ul style="list-style-type: none"> ◆ nobody home during the day ◆ gas cooker ◆ short daily showers ◆ washing dried indoors 	 1110 litres	 770 litres	 360 litres	 550 litres	Approx. 280 buckets

See how much moisture you and your family make. Use this simple online tool from the UK Centre for Moisture in Buildings.



UKCMB tool:

ukcmb.org/2020/03/05/moisture-balance-calculator/.

What can I do to stop the condensation?

The only effective way to avoid mould caused by condensation is to get rid of any moisture in the air in your home. **Follow these simple steps to help prevent and control condensation in 4-6 weeks.**

- ◆ Wipe away any condensation on your windows, window sills and internal surfaces straight away using a dry sponge or cloth daily.

- ◆ Air your home as much as you can. This will let the moist air out and drier air in.
- ◆ Leaving a small window open slightly, upstairs and downstairs, for even 10 - 30 minutes every day, on opposite sides of home if possible.
- ◆ Leave internal doors open to allow the air to move.
- ◆ Open window vents as much as possible.
- ◆ Open windows or use extractor fans/hoods when cooking/showering. Make sure you clean fans/hoods regularly.
- ◆ Open bedroom window or trickle vents over night.
- ◆ Leave gaps between furniture and walls so air can move.
- ◆ Keep lids on pans and turn heat down.
- ◆ When filling bath use cold water first then add hot. This will reduce steam by 90%.
- ◆ Try not to dry washing on radiators, heaters or near a fire. Hang washing outside when possible.
- ◆ Make sure your tumble dryer is vented outside.
- ◆ Use a dehumidifier, especially if you dry your clothes indoors. They can be cheap to buy and use.
- ◆ Try to keep heating on a low and constant heat (not below 14°C but ideally between 15-21°C) instead of a high heat for a short time then off and cold.



How can I get rid of the mould?

Please take action as soon as possible to stop mould growing and/or spreading. The most effective treatments to clean mould are:

- ◆ **Bleach/Disinfectant** – Chlorine in bleach can be effective in attacking the mould spores. Although it may remove surface mould, it will not always get to the root of the mould or kill it as it may be deeper in porous layers of plaster, wall paper etc.
- ◆ **Fungicidal mould sprays** – These can vary in strength and price. If attempting to remove mould in your home, please make sure you follow our 'Removing Mould – Checklist' in line with the World Health Organisation (WHO) Guidelines:

Removing Mould – Checklist'

- ◆ Make sure the product you use is Health & Safety Executive approved (HSE).
- ◆ Follow the instructions on the bottle, wear protective gear such as rubber gloves and a face mask so you don't inhale mould or bleach fumes.
- ◆ Cleaning will release mould spores into the air so open any windows and close doors to stop the spores spreading to other areas of the house.
- ◆ Leave windows open during and after the cleaning.
- ◆ Prepare a bucket of warm water with mild washing up liquid or laundry detergent and some rags that can be thrown away after cleaning the mould.
- ◆ Have a big plastic bag ready to take away any cloths, clothes, curtains, rugs etc. for cleaning in case they have mould spores in them.
- ◆ Keep children and pets away.
- ◆ Wipe any visible mould or black spots off walls, ceilings and paintwork and wipe with a dry cloth when finished.
- ◆ Once you have removed the mould from the problem areas, all surfaces in the room should be thoroughly cleaned and hoover to remove any stray mould spores.
- ◆ Place everything in the plastic bag for either the bin or further deeper cleaning.
- ◆ If you redecorate, use a good quality anti-mould paint or fungicidal wallpaper paste instead of standard products.

Once you have removed the mould, you can stop it from coming back by following the information in this leaflet.



What if the problem does not improve?

Please contact us as soon as possible, including as much detail as you can, and we can organise an inspection at a time that suits you.



phone:

0300 123 4566



email:

housing@moray.gov.uk

What can I do if I need help with my heating costs?

If you are struggling to heat your home due to the current cost of living crisis, please visit our website, which offers a lot of useful advice including possible benefits, grants, crisis loans, energy efficiency and other money advice:



Moray Council:

www.moray.gov.uk/costoflivingadvice

If you have pre-payment gas and electric meters but don't have credit because you can't afford it or you are having problems topping up your meter please contact your energy supplier. They should be able to help you add temporary credit to your meter automatically. Please check your supplier's website to find out how to get temporary credit. For more general information on help paying your heating bills please visit Moray Citizens Advice online.



Moray Citizens Advice:

<https://moneymap.scot/>

Check our website for more information on how to keep your home free from damp and mould.



Damp and Mould:

www.moray.gov.uk/condensationdampmould