

# Keeping your home free from damp and mould

Excessive moisture in your home causes damp and mould – however the source of excessive moisture can be complex to identify. It is essential to understand what causes damp and then to act fast to prevent mould growth. This guide has been designed to help us work together to safeguard your home against damp and mould.

▶ We understand that the cost of living crisis is putting pressure on people financially and heating your home may be a challenge, we have teams that can support you and provide specialist advice including Energy and Money Advice – visit [www.stockporthomes.org](http://www.stockporthomes.org) for more information and to arrange to speak with them.

## ? Did you know there are different types of damp?

### This is Mould



Mould is a fungus that can grow on almost any surface. Mould spores produce allergens, irritants, and potentially toxic substances. When these are inhaled, this can impact your health, so it is important to prevent mould forming. We need to control the moisture levels in the home by reduction, ventilation, and heating, as well as ensuring other structural factors are not causing moisture within the home.

It is important to treat mould as soon as possible by using an anti-fungal spray (please follow the product guidance), do not brush away mould, as it will spread spores around instead use a vacuum cleaner. We appreciate you may want to take action yourself but please monitor the issue, if mould becomes persistent, more frequent or you are unable to treat it then contact us to arrange a visit to your home. If anyone in the home has underlying respiratory conditions then please report it to us as soon as possible.

### This is Condensation



There's always moisture in the air in your home even if you can't see it. When the moisture hits a cold surface like a window or a wall, it turns back to water creating condensation.

### Condensation can be caused by

- ▶ Too much moisture in the home
- ▶ Cold surfaces
- ▶ Not enough ventilation
- ▶ Inadequate heating/temperature

## What you can do to reduce it in your home:

- ▶ Ventilate your home, use your window trickle vents and open the windows for ten minutes every day
- ▶ Dry washing outside if you can.
- ▶ Prevent steam moving around your home by closing bathroom and kitchen doors
- ▶ Use a dehumidifier if you can
- ▶ Wipe down any condensation on windows
- ▶ Use your extractor fans and don't turn off ventilation units.
- ▶ Try and keep a consistent temperature
- ▶ Heat your home – even for 10 minutes in the morning to help reduce moisture
- ▶ When cooking food in saucepans cover them with a lid to prevent steam escaping
- ▶ Try not to put furniture in front of radiators or leave a small gap in between them. This will help heat to circulate in your home
- ▶ After bathing and cooking leave the extractor fan running for at least 20 minutes and close the door to allow the build up of steam to escape
- ▶ Close all your curtains at night to help keep the heat in your home, but open them during the day to allow sunlight to naturally heat your home

### Top tips if you have to dry washing indoors

- ▶ Don't dry washing directly on radiators. This makes it harder to heat your home and creates excessive moisture.
- ▶ Place clothes on a drying rack in a room where a window can be opened and keep the door closed.



## This is Penetrating Damp



Penetrating Damp is caused by water that enters the home from outside often leaving a white salty residue mark on walls and ceilings.

### This is usually due to common issues such as:

- ▶ Leaking roof due to slipped, cracked or loose tiles
- ▶ Blocked guttering or damaged rainwater pipes
- ▶ Leaking plumbing
- ▶ Rotten windowsills
- ▶ Crumbling or cracking brickwork or chimney stacks

The signs are drips & puddles, blotchy or damp patches on walls/ceilings and wet crumbly plaster.

## This is Rising Damp



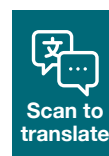
Traditionally this form of damp enters the home from the ground but internal factors such as excessive use of water when mopping or spillages can be a factor. Signs of rising damp are rotting skirting boards, peeling wallpaper and stained plaster.

**Please report any repairs needed to your home straight away to prevent damp and mould issues by:**

▶ Visiting [www.stockporthomes.org](http://www.stockporthomes.org)

▶ Calling us on **0161 217 6016**

▶ by scanning the **QR Code**



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