



# Condensation in your home

## What causes it and how to tackle it

High levels of condensation cause black mould to appear in your home.

Help to stop it before it starts.

# The difference between damp caused by defects and condensation

Damp and condensation are both different types of damp, which can be caused by different reasons and are often confused for one another. Whilst damp usually leaves a tidemark, dependent on the cause, treatment to the structure of the building may be required to eliminate it. Condensation can cause black mould and can usually be tackled by making a few small changes in your home.

## Damp

can be caused by:

- Plumbing faults, leaking pipes, drainage and overflows
- Rain water coming in through defective roof coverings, broken pipes or leaking gutters
- Penetrating damp, due to a fault with the building structure, which allows rain water to get in through walls, roofs, windows or doors
- Rising damp, which may be prevented by a damp proof course

## Condensation

can be caused by excess moisture in the air from:

- Washing
- Cooking
- Drying clothes
- Showering and bathing
- Lack of ventilation
- Inconsistent temperature
- Condensation can occur due to a lack of or poorly-installed insulation and that is something we may be able to help with

# Every day activities cause condensation

Drying clothes  
**nine pints**



Cooking and boiling a kettle  
**six pints**



Having a bath or shower  
**two pints**



Washing clothes  
**one pint**



Using a paraffin or bottled gas heater  
**three pints**



Total moisture produced in your home in one day



**21 pints**

## Condensation can happen when:

- Excess moisture is created through our everyday lives
- We don't ventilate our homes properly
- We don't heat our homes consistently.

## You can reduce condensation by:

- Reducing moisture production
- Ventilating your home
- Keeping your home at an even temperature between 17°C - 21°C

# Small changes can minimise condensation in your home

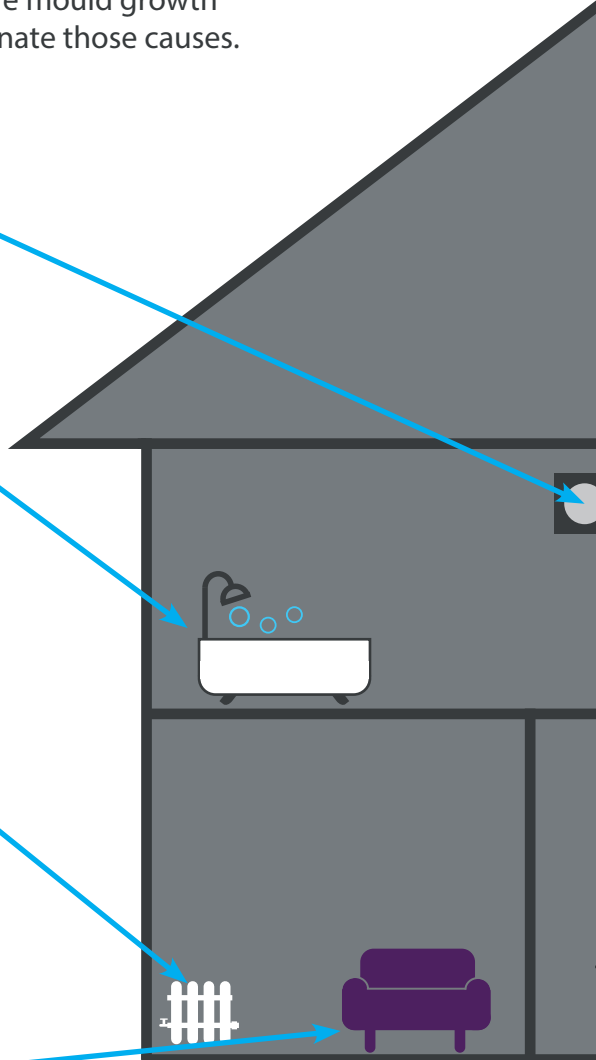
The only lasting way to avoid severe mould growth caused by condensation is to eliminate those causes.

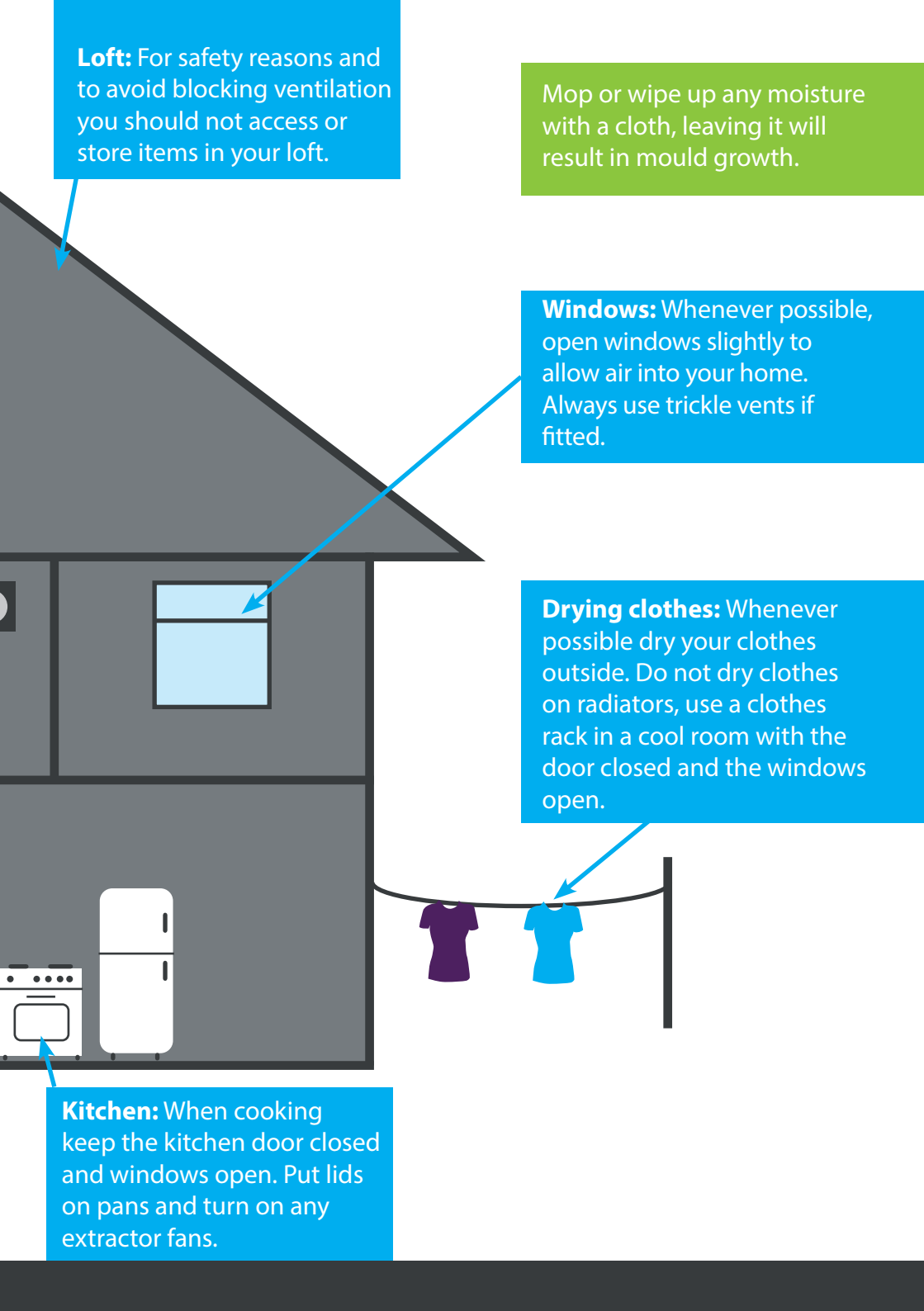
**Ventilation:** Always keep vents open. Never block or cover air bricks, flues or vents.

**Bathroom:** Always use extractor fans if you have them. Close the door and open the window to allow air to circulate.

**Heating:** Keep your home warm. Keep a low background heat in unused rooms when the weather is cold or wet.

**Furniture:** Leave a gap between furniture and outside walls. Avoid putting mattresses directly on the floor or against walls.



A stylized diagram of a house with a grey roof and walls. The house is divided into three main sections: a loft at the top, a middle floor with a window, and a ground floor with a kitchen. A clothesline with two shirts (one purple, one blue) is hanging outside. Five callout boxes with arrows point to specific areas: the loft, a window, the kitchen, and the clothesline. The boxes contain text about ventilation and moisture control.

**Loft:** For safety reasons and to avoid blocking ventilation you should not access or store items in your loft.

Mop or wipe up any moisture with a cloth, leaving it will result in mould growth.

**Windows:** Whenever possible, open windows slightly to allow air into your home. Always use trickle vents if fitted.

**Drying clothes:** Whenever possible dry your clothes outside. Do not dry clothes on radiators, use a clothes rack in a cool room with the door closed and the windows open.

**Kitchen:** When cooking keep the kitchen door closed and windows open. Put lids on pans and turn on any extractor fans.

# How to clean mould

Cleaning mould created by condensation is your responsibility and it is far easier if you tackle it when it first appears. Do not disturb mould by brushing or vacuuming, as this will release spores into the atmosphere. Mould is a living organism that must be killed to eradicate it.

To do this:

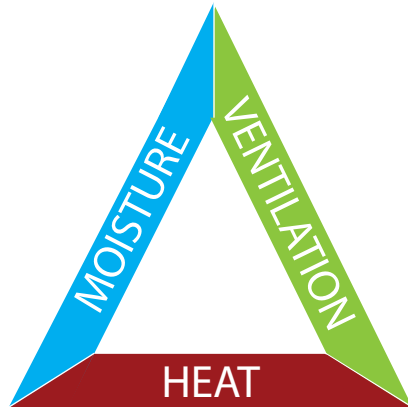
- Wipe down the affected area with a fungicidal wash, which you can buy from a DIY or hardware store. Choose one which carries a Health and Safety Executive approved number and make sure you follow the manufacturers instructions
- After the fungicidal wash treatment, redecorate using a good quality fungicidal paint to help prevent mould recurring
- After removing the mould, you need to follow the guidance in this leaflet or the mould will return
- Affected clothes should be dry cleaned and carpets should be shampooed.



# There are three main causes of condensation:

- Excess moisture produced by everyday activities
- Inadequate ventilation
- Insufficient heating

Preventing condensation is about getting the right balance between heat, moisture and ventilation.



## Private Sector Tenants

Remember, **it is your responsibility** to prevent condensation and to clean any mould caused by condensation.

Making **small changes in your daily life** can help to eradicate a condensation problem.

However, your landlord is responsible for mould where it is caused by leaks (e.g windows, roofs, guttering and plumbing), penetrating water and rising damp.

If you need more advice, or are worried about damp, please contact us.

Call us: 0116 2750555

Email us: [environmental.health@blaby.gov.uk](mailto:environmental.health@blaby.gov.uk)

# Reducing condensation checklist

## Cooking

- Extractor fan on during cooking and 20 minutes afterwards
- Lids on saucepans
- Kitchen window open
- Kitchen door shut

## Clothes washing / drying

- Tumble dryer vented outside
- Clothes not hung on radiators
- Clothes rack in a cool room with door closed and windows open

## Bathing

- Extractor fan on during bathing and 20 minutes afterwards
- Bathroom window open
- Bathroom door shut

## General

- Open window trickle vents
- Open windows if there is condensation on them
- Wipe condensation off windows in the morning
- Keep property heated between 17°C - 21°C
- Furniture away from walls
- Black mould cleaned as soon as it appears
- Do not block air vents