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# What is damp and mould?

**Damp** refers to excess moisture in your home. This can create the perfect environment for mould to grow. There are different types of damp, including rising damp, penetrating damp and condensation.

**Condensation** is common and happens when warm, moist air touches a cold surface, such as a windowpane. This causes the water vapour in the air to cool down and turn back into liquid water, forming droplets on the cold surface.

## Causes of condensation:

- Everyday activities like cooking, showering and even breathing release moisture into the air.
- Inadequate ventilation can trap this moisture, increasing the likelihood of condensation.

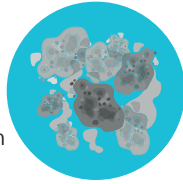
**Mould** is a type of fungus that can appear as black spots, discolouration or a fuzzy growth on walls, ceilings and furniture.

**Mould growth can have a negative impact on health, especially for people with respiratory problems such as asthma and allergies. It can also trigger other health issues in some people.**



## What does damp and mould look like?

- Visible mould growth on walls, ceilings or furniture
- Damp patches, black spots or discolouration on walls or ceilings
- A musty or damp smell
- Condensation on windows or walls
- Peeling wallpaper or flaking paint.

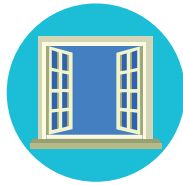


## Actions to take if you have damp and mould

- Report the issue to your landlord immediately
- Avoid disturbing the mould growth
- Keep the affected area well-ventilated if safe to do so.

## How to prevent condensation and mould

- **Ventilation:**
  - Open windows regularly, especially in warmer weather, or during and after activities that create moisture such as cooking and showering. During colder months, open windows for shorter periods to ventilate while not letting too much heat escape.
  - Use extractor fans in kitchens, bathrooms and utility rooms during and after use.
  - Ensure trickle vents and air bricks are open and unobstructed.
  - If you have a mechanical ventilation with heat recovery (MVHR) system, make sure it is switched on.



## Moisture control:

- Dry clothes outdoors whenever possible.
- Not everyone has access to outdoor drying space, and sometimes wet weather gets in the way. In these cases, dry clothes in the bathroom with the door closed and extractor fan on. Avoid drying clothes on radiators.
- Use lids on pots and pans while cooking.
- Wipe down condensation from windows and surfaces regularly.



## Heating:

- Maintain a comfortable indoor temperature.
- A consistent, low level of heat is more effective at preventing condensation than short bursts of high heat.
- If you're struggling to heat your home, contact your landlord for advice on support with heating costs and energy efficiency.

