

Damp & Mould Factsheet

The Risks Of Living In A Home With Damp And Mould

Moulds are caused by too much moisture in a building, and they emit spores which can cause a variety of health effects. Some people are particularly sensitive to them, such as babies and young children, older people and those with allergies or asthma.

For those with allergies, breathing in or touching mould spores can cause severe reactions, including asthma attacks, fever, and shortness of breath, while for others, mould can bring on a runny nose, red or itchy eyes and irritated skin.

How To Identify Damp And Mould?

The reason condensation appears is due to moisture being present in the house, and the lack of adequate ventilation and heating. If not managed, condensation can lead to mould which can be potentially harmful to people and property. If you don't manage condensation mould will start to develop, and in ideal conditions mould can germinate in 24 hours and you will be able to see the mould within two to three weeks. The longer that moisture is present, the greater the chance for mould to grow and spread.

If your home is suffering from mould, you may notice a musty or damp smell, black or green marks on the walls. Mould shows up quite clearly on many different wall surfaces. If your home is suffering from condensation and mould you will start to see signs of it very quickly, such as:

- Damp or wet walls and windows and furniture
- Peeling wallpaper
- Signs of mould growth
- A musty smell on clothes in wardrobes.



Main Causes Of Damp

- Leaking pipes and roofs.
- Rainwater getting into your home.
- Damaged or blocked drains and guttering.
- Rising damp.
- Damaged outside walls.
- Condensation.
- Poorly installed decking or garden items against walls.

Preventing Condensation, Damp and Mould

Condensation is perhaps the most common form of damp that can appear in your home. It appears when warm air meets a colder surface, such as a wall or window. Things like washing, cooking, tumble driers, steam mops, pets and people's breath put moisture into the air inside your home. The more people and pets in your home, the higher the levels of moisture that needs to be removed from the air.

You can prevent condensation build up and make sure your home remains damp and mould free.



**Video Advice on
Prevention of
Condensation in
Your Home**



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How To Report Damp And Mould?

If you find that a repair is needed, please report it to us as soon as possible. You can use the web form through our website <https://www.hjaltland.org.uk/repairs/request> to request a repair or telephone us on **01595 694986**.

What Steps The Landlord Will Take When Reported?

The Technical Team will discuss with you what it is you can see and may request images, the location, if sensitive people are present, etc.

The Technical Team may visit your property prior to sending Maintenance Operatives if the case sounds complex or more information is needed to diagnose the issue.

The Technical Team will also discuss and provide you with the following information:

- Savings we can help with through our Financial Inclusion Officer
- Ways to prevent damp and mould appearing in your home:
 - Have you already tried to wash down?
 - How are you heating your home?
 - What ventilation do you have in your home?
 - Are the vents in the kitchen and bathroom working?
 - Do you have an MVHR (Mechanical Ventilation with Heat Recovery) system in your property and is it on?

Actions To Treat Problem

The Technical Team will:

- Send Maintenance Operative to treat with mould eradication kit
- Inform you who will attend and the timeframe for works to be undertaken

Provision Of Equipment

Technical Team to consider and discuss installing a ventilation unit or mechanical ventilation heat recovery system. We will explain to tenants in clear terms how much they will cost to run a week and how to operate them effectively.

How To Report A Recurrence?

You can report a recurrence by either contacting the Technical Officer you previously spoke to, or you can use the web form through our website <https://www.hjaltland.org.uk/repairs/request> to request a repair or telephone us on **01595 694986**



What is the Timeframe for Repair?

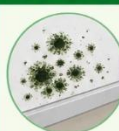
- Reports of mould or damp repairs will be treated as a 10-day working repair.
- We will provide a written summary of what we will do within 3 days of the repair being reported



TOP TIPS!

		Ventilate daily: open windows briefly each morning and keep vents/trickle vents open	
		Use ventilation properly: run extractor fans and don't block or switch off mechanical ventilation	
		Avoid moisture sources: don't use paraffin or bottled gas heaters	
		Don't over draught proof rooms: where condensation, mould, cookers, or fuel burning heaters are present	
		Keep the home adequately heated: especially in colder weather	
		Decoration: use moisture resistant paint when decorating the kitchen or bathroom.	

TREATING MOULD



There are many treatments you can use for mould. You can buy a ready-made solution to get rid of mould on walls.



Whichever treatment you choose, follow the guidance, always protect yourself with rubber gloves, goggles, and a mask.



You should also open a window for ventilation while you work.



What Else Can You Do to Help Prevent Condensation, Damp and Mould



Temperature

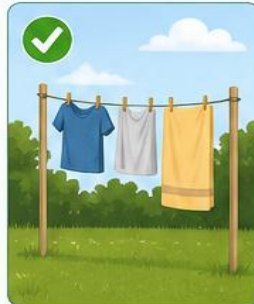
Keep the temperature inside your home constant. Recommended temperatures are:

- All living areas (kitchen and sitting room) 21°C
- All other areas 17°C



Washing and drying clothes

- Avoid drying clothes indoors, if possible, dry washing outdoors on a line. If you must, it should be in a well-ventilated room with the door closed
- Dehumidifiers can reduce moisture levels
- Make sure tumble driers are properly vented to the outside, unless it is a self-condensing type



Kitchen

- If you have a kitchen extractor fan, use it every time you cook. If you don't have an extractor fan, try to keep a window open. Leave the fan on or the window open for at least 10-15 minutes after you finish cooking to make sure moisture is removed from the room
- Cover pans when cooking to reduce the amount of moisture being released into the air
- Close the kitchen door when cooking. This will prevent moisture in the air going into colder rooms



Bathroom

- If you have a bathroom extractor fan, use it every time you shower or take a bath. If you don't have an extractor fan, open a window. Leave the fan on or the window open for at least 10 – 15 minutes after you finish to make sure the moisture has all gone. A sign that the bathroom is clear of moisture is when the bathroom mirror is no longer misted over
- Close the bathroom door when bathing or showering, as this will prevent moisture in the air going into colder rooms. Consider the use of a door closer






Furniture

- Keep furniture away from external walls where possible. If that's not possible, keep at least 5 cm away from the external wall
- Do not overfill wardrobes or cupboards. A lack of ventilation can result in mould as air can't circulate freely inside



Checklist for Tenants

- ✓ Ensure the extractor fans in the kitchen and bathroom are on and working.
- ✓ Open trickle vents on windows for ventilation 
- ✓ Contact the Technical Team for more information on increasing ventilation.
- ✓ Ensure that you heat the property. 
- ✓ Trickle vents are open for ventilation.
- ✓ Close the kitchen and bathroom doors. 

DID YOU KNOW?

Water vapour is produced in relatively large quantities from normal day to day activities.

A five-person household puts around **10+ litres** of water into the air every day, without considering any heating:

	Washing and drying clothes	1.8 litres
	Washing dishes	0.4 litres
	Cooking	2.1 litres
	Personal washing	1 litre
	Cleaning	0.9 litres
	Breathing	3.8 litres



TOTAL OF **10 LITRES** PER DAY