

Condensation

In 2021, it was reported that around 2 million people in the UK were living in a property with significant damp or mould.

Draught vs Ventilation

Don't get confused between ventilation and draughts. Draughts are created through unwanted holes in the property that let in cold winds. Most permanent ventilation systems are shielded, or can be shielded, from allowing cold wind in whilst still letting moist air exit.

The most common contributor for damp and mould in the UK is condensation, which many people have experienced at some point.

Mould caused by condensation is particularly present in the colder months, and is usually visible in bathrooms, bedrooms and kitchens, and often around windows.

Damp and mould can cause a number of health problems, such as asthma, eczema, allergies, headaches and more serious long-term health issues.

H.I.V.E

Your in-home display does use your electricity when it's plugged in. It uses about 1kWh of electricity per year. This will cost around 2p per month.

H is for Heating

Ensure that your home is heated to a minimum of 18°C. Move large furniture away from the walls to let the warm air circulate.

I is for Insulation

Water vapour in the air is attracted to cold spots in your home. If you notice condensation around a certain part of your home, then that is often the most poorly insulated part.

V is for Ventilation

Having adequate ventilation will allow water vapour to escape from your home.

E is for Excess Moisture

You can reduce condensation in the home by making a few small changes to avoid creating excess moisture.

Some experts recommend “burping” your home once a day, which involves opening all the doors and windows for 30 minutes, to fully ventilate it. Just make sure to turn your heating off during this time, to avoid wasting your energy.

Prevention

To prevent getting mould, you need to ensure that any moisture you create in your home, has a place to go.

Try to keep any moisture that you do create, in a room with adequate ventilation and less porous materials, such as a bathroom or kitchen.

After showering, keep the bathroom door closed and open the window, or put the extractor fan on. This will help stop the moisture from travelling throughout your property.



Try to avoid drying clothes inside but, if you have to, then dry them in the bathroom or kitchen with the door closed and window open.

Put lids on pans when boiling water. This will stop a lot of the steam escaping and reduce the energy required for your cooking.

You can use dehumidifiers in areas that you have persistent issues with. If you don't want to increase your electricity usage with a dehumidifier then you can use a disposable absorbent material in areas such as the corner of windowsills.

How much moisture do I create?

Anything that creates steam, is releasing water particles into the air. This steam will become condensation when it reaches a cold surface.

Boiling one pan of water for 10 minutes, can create 100ml of water.

Bathing or showering can release over 1.5l of water into your home. Just think of the amount of steam that fills the bathroom.

It's not just visible steam that is releasing moisture.

During the day, one person can create around 400ml of water just from breathing.

One bath towel can hold up to 1l of water. This will evaporate into water vapour when drying.

Using a bottle of gas, for cooking or on a portable heater, can release up to 5l of water through the burning process.

If you already have mould in your property, then make sure you use a mould-specific or natural cleaner. You will also need gloves and a lot of elbow grease, to ensure that you remove the mould, instead of just smearing it.