CONDENSATION & MOULD UK

INDOOR AIR QUALITY

YOUR HOME THE FACTS

Poor Indoor Air = Poor Health

58%
Of people have suffered mould & condensation in their home*

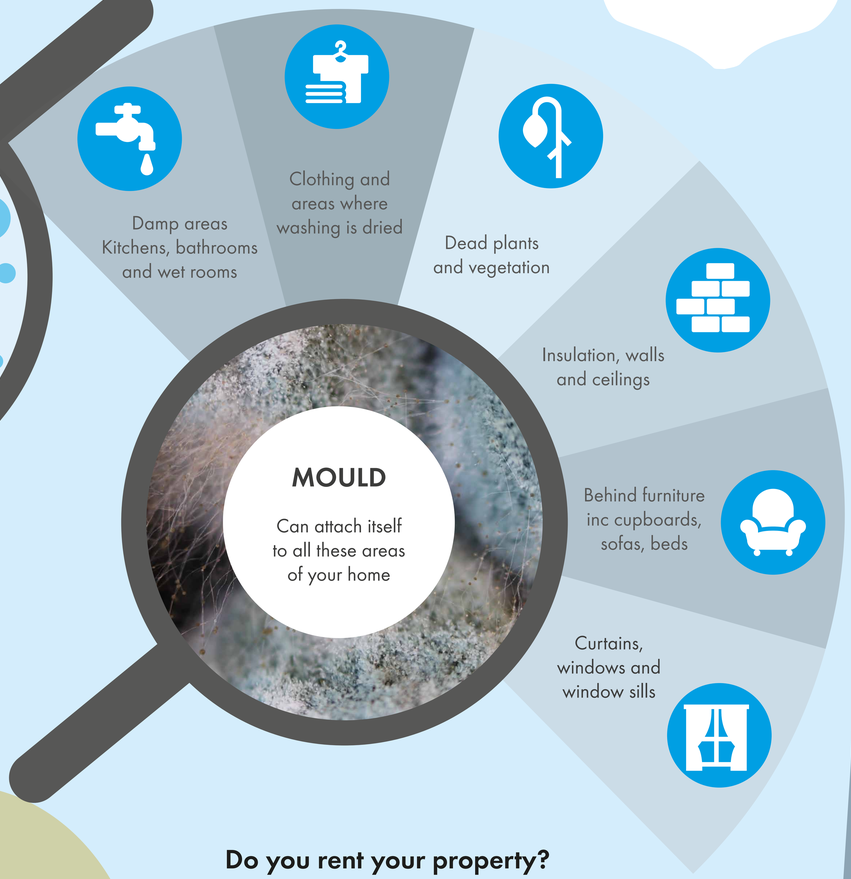
90%
Of our time is spent indoors*

17 PINTS
of water can be produced indoors, per day, by a family of 4

900
Indoor air may contain over 900 chemicals, particles and biological materials with potential health effects

CONDENSATION

Forms in your home providing ideal conditions for mould to grow



MOULD

Can attach itself to all these areas of your home

Do you rent your property?
Mould needs to be dealt with quickly.
Talk to your landlord for advice.

Vent-Axia

CONDENSATION CHECKLIST

There are things we can all do to prevent condensation build up in our homes. Following the tips below will help.

- ☐ Warm air helps reduce condensation - Ensure your home is properly heated. World Health Organisation guidelines suggest 21° in a living room and 18° in the bedrooms, falling lower at night and when you are out.
- ☐ Open windows when safe to do so.
- ☐ Wipe up spillages straight away and Dry any wet areas immediately – for example a wet floor after a bath or after mopping up
- ☐ Close the bathroom door so the humid air can't migrate to other areas of the house
- ☐ Dry wet clothes outside or in a dryer. Always make sure you use a vented or condensing tumble drier.
- ☐ Use pot lids when cooking, this will also save you energy!
- ☐ Never isolate an extractor fan! Turning the fan off means moisture generated from showering, bathing and cooking will stay in your home.
- ☐ Indoor plants; moist soil provides a perfect breeding ground for mould, make sure to clean and move your plants around on a regular basis.
- ☐ Check over your home for leaks in the plumbing.

Seek advice from your landlord if issues with heating, plumbing or extractor fans are found

* Source - www.myhealthmyhome.com