

What causes dampness and condensation in your home?

There are multiple things that can cause damp and condensation in your property, such as:

- lack of adequate heating (causing high heat loss).
- lack of ventilation (causing poor air circulation).
- water coming in from the outside through leakage.
- rising damp - dampness from the ground rising up into the building fabric.
- high levels of moisture or water vapour being produced inside the house.

Where does condensation occur?

Condensation is mainly caused due to poor air circulation and/or high heat loss. It can appear in many areas around the home but the most affected areas are:

- cold surfaces like mirrors and windows,
- kitchens and bathrooms,
- solid, uninsulated walls of unheated rooms,
- cold corners in unheated rooms,
- wardrobes and cupboards.

How to prevent damp and mould

The best way to protect your home from damp and mould is to use preventative measure, such as:

- on dry days open some windows for ventilation.
- keep lids on your pots and pans when you cook.
- keep the doors to the bathroom and kitchen closed when you are bathing or cooking.
- always wipe excess moisture from windows.
- limit the number of pot plants in your house.
- keep furniture away from outside walls to allow air circulation.
- on cold days try to keep indoor temperatures at least 18°C.
- wherever possible, dry your clothes outside.
- if you use a tumble dryer, make sure that it is vented outside.
- if you must dry your clothes on a clothes rack inside, do this in a well-ventilated room with doors closed to the rest of the house.