

How to prevent damp and mould in your home

Keeping your air healthy at home

If you have a long-term health condition, such as asthma, damp and mould could make it worse.

Damp and mould is caused by high levels of water in the air in your home, called humidity.

High humidity, can cause condensation, which can cause black mould.

Tips to help:

Heating your home

Enough heating helps to prevent damp and mould.

Here are some tips to help make sure you heat your home safely and cost-effectively:



- Heat gently throughout the day rather than in short bursts – this doesn't necessarily cost more.
- Keep space around radiators free from furniture and curtains to ensure the heat circulates the room.
- On sunny days, have doors and curtains open to allow the warmth from the sun to spread throughout your home.

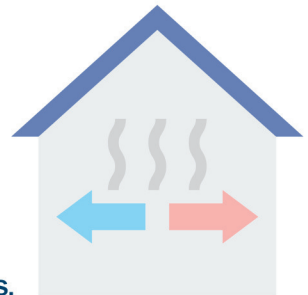
Insulation

Good insulation helps stop heat leaving your home and moisture getting in, and lowers your energy bills.

Healthy Homes Dorset and LEAP (Local Energy Advice Partnership) offer Dorset residents free, energy advice and may be able to help make your heating better – keeping you and home warm:

➤ www.healthyhomesdorset.org.uk/

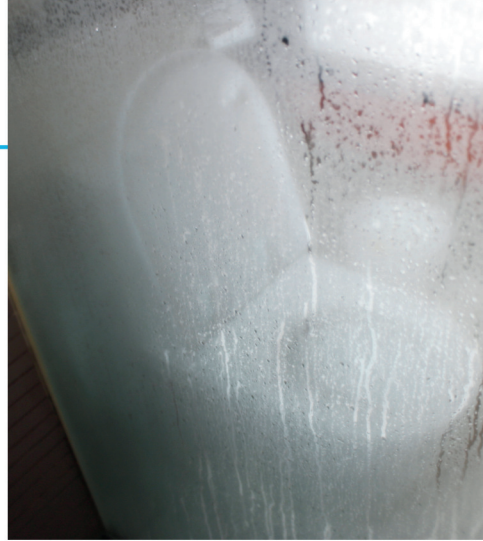
➤ www.ridgewaterenergy.co.uk/projects-and-services/leap/



Better ventilation

When washing and cooking:

- Keep kitchen and bathroom doors closed, and use your extractor fan if you have one.
- Open a window to let moisture out.
- Put a lid on saucepans and turn the heat down when things start to boil.
- Make less steam and condensation in the bathroom by running cold water first and leave the door open after you've finished to let the steam clear.



When drying clothing:

- Dry clothes outside or using a condenser dryer if you can.
- Try to dry clothes in a separate space, with a window open and the door closed if you need to dry inside – it's safer not to dry wet or damp clothes on a radiator.

Treating damp and mould:

- If you wipe down mouldy surfaces, use an approved product that can kill the fungus.
- Wipe water from windows and sills and dry the cloths outside if you can.
- Don't brush or Hoover the mould as this can cause more mould spores in the air.



If you are concerned about the damp and mould in your house, contact Healthy Homes Dorset on 0300 003 7023.

If your landlord is not fixing your broken heating or other problems in your home, report to Dorset Council Housing Standards team:

🖱 www.dorsetcouncil.gov.uk/report-housing-conditions

Where to get further support

For more information on keeping your air healthy at home and to see what help and support is available with cost of living, energy, housing and more, scan the QR code to the right.

