

Your free moisture meter can help

You've been given a moisture meter to monitor the air in your home. This measures:



Water in the air
shown as 'humidity'
on the big dial.

Temperature
shown as degrees
C on the small dial.

How to use it:

Put your meter in a living area away from your kitchen or bathroom and let it settle for 24 hours.

Try to keep both needles in the green zones (40 – 60% humidity and 18 – 24 degrees C) to help prevent black mould and keep your air at home healthy.



What can cause high humidity in your home:

Household activities, such as cooking, showering, washing and drying clothes cause high levels of moisture and humidity.



A certain amount of humidity in your home is good, but too much can damage your home and harm your health.

For tips on reducing humidity in your home, see the damp and mould leaflet.