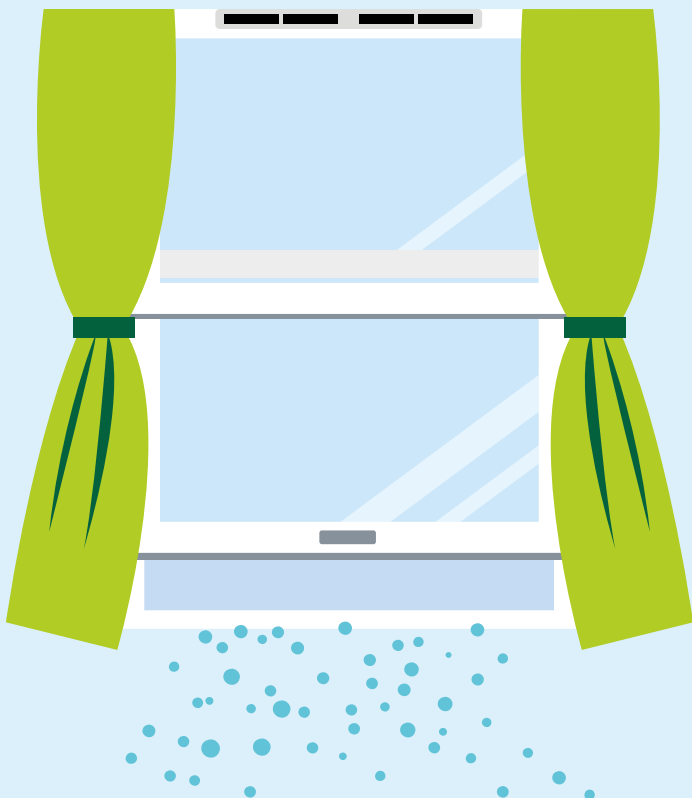


**HELP PREVENT**

# condensation, dampness and mould



**MANORESTATES**  
Housing Association

# AVOID

# Condensation.

## Ventilate your home and let moisture out so your home can breathe

Condensation is moisture that forms on cold surfaces and where there is limited air movement. The moisture is often created in kitchens and bathrooms but can cause damp or mould in other rooms (even if they are warm). It forms when there is too much moisture in the air or when it cools down quickly on cold surfaces. It's important to try to reduce condensation in the home as it can lead to mould and cause damp, which can increase the risk of illnesses like asthma and bronchitis.

### 🏠 Top tips

Day to day activities like drying clothes, cooking and taking a shower add moisture to the air inside your home.

- **Use window vents.** Keep small vents in windows open and they'll allow moisture to escape without making the room too cold.
- **Open windows and shut the doors** in rooms where you're drying clothes (it's better to dry them outdoors if you can).
- **Leave gaps** between furniture and the walls so air can circulate.
- **Air rooms** by opening windows – aim for at least ten minutes a day before you turn the heating on.



# dampness and mould



## Insulation and heating

- **Heat rooms.** Keep rooms above 15°C if you can. This will cut down the amount of condensation forming on walls and fabrics.
- **Draught proof** internal kitchen and bathroom doors to help keep moisture from spreading throughout the house.

## Kitchen

- **Close the kitchen door** when cooking and use an extractor fan if you have one.
- **Open the window** to let moisture out.
- **Use lids** on pots and pans.
- If you have a tumble dryer, **vent it to the outside** if possible.



## Bathroom

- **Close the bathroom door** when steam is being produced from a bath or shower and use an extractor fan if you have one.
- **Open a window** after using the bath or shower to allow the moisture to escape.



## ★ Things to avoid

- Sealing up rooms that already have a condensation or mould problem.
- Adding extra sealant to windows in kitchens and bathrooms without small vents or extractor fans.
- Sealing any room that has a cooker, boiler or heater without checking with us first.
- Blocking up air bricks in walls or small vents in windows. These are vital to help your home breathe.

## ★ Other causes of damp

Damp is not always caused by condensation. It can also be caused by other issues such as

- leaking pipes
- damaged or blocked drains and guttering
- leaking roofs
- damaged outside walls
- poorly installed decking or garden items.

## It's important to tackle signs of damp early to stop it getting worse.

If you've followed all the tips, are dealing with one of the other issues listed above, or still think there is an issue with dampness, mould or condensation in your home then contact our repairs team:

**[repairs@manorestates.org.uk](mailto:repairs@manorestates.org.uk)**

Tel: **0131 510 8540 Option 4**

★ **We know that many people struggle with rising costs, particularly heating homes in winter, but if you're able to follow some of our tips and guidance it can make a big difference.**



## Contact Manor Estates Housing Association Ltd.

Suite 4  
5 New Mart Place  
Edinburgh  
EH14 1RW

Tel: 0131 510 8540  
Email: [info@manorestates.org.uk](mailto:info@manorestates.org.uk)  
Web: [www.manorestates.org.uk](http://www.manorestates.org.uk)



You can follow us on **Facebook** and **Twitter** - **@ManorEstatesHA**