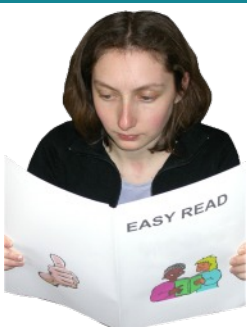




Dealing with damp and mould in your home

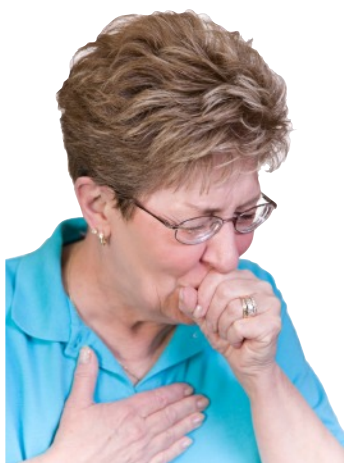


EasyRead version

Dealing with damp and mould in your home



Living in a home with damp and mould is bad for your health.



Damp and mould can cause breathing problems.



Damp and mould can also damage your home.



Damp can be caused by too much moist air trapped in your home. Moist air is wet air.



We create moist air at home when we cook or shower or dry our laundry. We even make moist air when we breathe out.



When moist air reaches cool surfaces like walls it turns back into water and makes them damp.



Damp can also be caused by rain getting inside, or pipes leaking.



Mould grows on damp surfaces.

Mould looks like a cloud of little black dots on your walls or ceilings.



Mould often appears in your bathroom and kitchen.



Mould can also grow behind furniture or in wardrobes.

Here are some ways to keep damp and mould out of your home



To avoid damp and mould you should try to:

- keep your home warm



- let moist air out and fresh air in



- reduce the amount of moist air you make.



Heating

Turn your heating on regularly to keep your home warm. A good temperature is between 18 and 21 degrees.



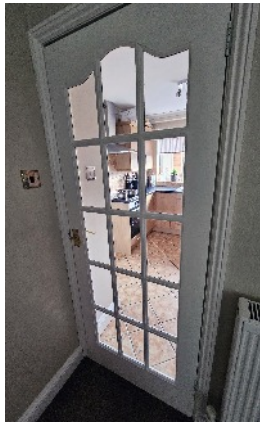
Very cold rooms are more likely to get damp and mould.



The warm air will help to keep your rooms dry.



Check your heating is working well.



In your kitchen

When you are cooking, close the kitchen door so steam does not go around your home.



Open the kitchen window to let the steam out. Leave the window open for 20 minutes once you've finished cooking.



Check if you have a **trickle vent** on the window and keep the trickle vent open.

A **trickle vent** is a small opening on your window frame.



Turn on the extractor fan when you are cooking so it sucks out the steam.



Check your extractor fan is clean and working well.



Keep the lids on your pans while you are cooking to hold the steam in.



In your bathroom

When you are showering or having a bath, close the bathroom door so steam does not go around your home.



Keep the door closed for one hour after using the bathroom.



Open the bathroom window to let the steam out. Leave the window open for 20 minutes after you have finished.



Check if you have a trickle vent on the window and keep it open.



Turn on the extractor fan so it sucks out the steam.



Check your extractor fan is clean and working well.



Your wet clothes

Dry your clothes outside.



If you cannot dry your clothes outside, you can spin them in the washing machine.



Then use a tumble dryer or hang them on a clothes airer. The clothes airer should be in a room with the door closed and the window open.



Make sure your clothes are dry before you put them away.



Around the house

If you see mould behind the furniture, move the furniture away from the wall so air can move around.



Do not use portable gas heaters inside. This is because they make a lot of moist air.



If your home has bad damp and mould you may need to use a **dehumidifier**.

A **dehumidifier** is a machine that takes the water out of the air.



A good quality dehumidifier costs about £75.

A dehumidifier costs about 17p an hour to run.

Measuring damp

You can measure how much damp is in your home with a **hygrometer**.

A **hygrometer** measures the percentage of moisture in the air.



Mould only grows when the moisture is more than 60%.



If the moisture is more than 60% you should try to open a window until the moisture is less than 60%.



A hygrometer costs about £8.00.

How to get rid of mould



You need to clean off mould on your walls and ceilings.



Mould will grow quickly on a damp surface.



Use a mould spray and wipe the mould and the area around the mould. Make sure to follow the safety instructions on the mould spray.



The Centre for Sustainable Energy is a charity.



To contact us for more information

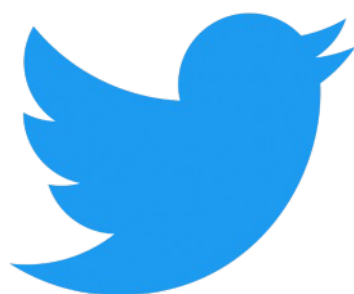
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Ref ISL146 23. August 2023.

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