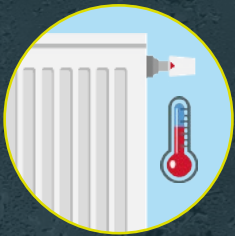
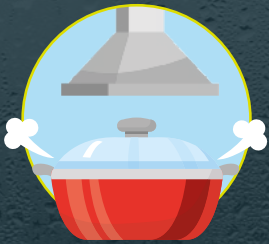


# DAMP AND MOULD

Advice for keeping your home damp-free



LONDON BOROUGH OF  
**HARROW**

# DAMP AND MOULD IS OFTEN CAUSED BY CONDENSATION

Condensation occurs when warm air comes into contact with a cooler surface. It can appear as droplets on walls, ceilings, furniture and windows. It tends to be worse in winter and this extra moisture known as damp, often turns into black mould. If left untreated this can look and smell bad and damage clothes and furniture, as well as harming your health.

## STEPS TO AVOID CONDENSATION

The only lasting way to reduce condensation is to improve ventilation and produce less moisture in your home. You can do this by following these steps:

### 1 CONTROL MOISTURE LEVELS



When bathing or showering, use the extractor fan and keep windows open

Dry clothes outside when possible, or on a clothes airer in a sunny, well ventilated area. Don't dry on radiators



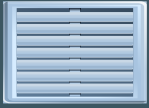
When cooking, cover pans and use the extractor fan. Keep internal doors closed and ensure kitchen windows are open

If you see any moisture on mirrors, windows and tiles around the home, wipe these down using a window squeegee and microfibre towel



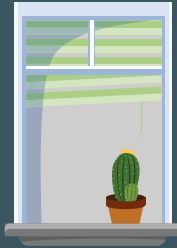
## 2

## KEEP ROOMS VENTILATED



Keep a small window or a trickle ventilator open in occupied rooms. Don't block air vents

Ventilate unheated rooms for 15 minutes a day – avoid on cold or wet days

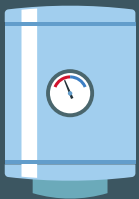
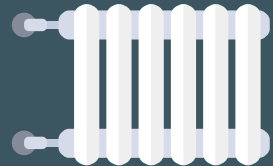


Keep a sufficient gap between walls and furniture (such as sofas, wardrobes and beds) to promote air circulation

## 3

## HEAT YOUR HOME

Aim to keep temperatures between 18 and 21°C in main living areas. In cold weather, keep low heating on, even when no one is home. This is better than shorter bursts of high heat.



It is important that your heating system is checked regularly so that it works efficiently



Consider insulating your home and laying thick carpet with thermal underlay

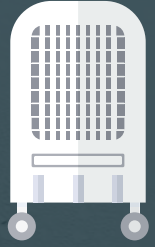
## WORRIED ABOUT HEATING COSTS?

If you're worried about rising energy costs and keeping your home warm and damp-free, financial help and advice is available. Visit [www.harrow.gov.uk/householdsupportfund](http://www.harrow.gov.uk/householdsupportfund) or [shine-london.org.uk](http://shine-london.org.uk)

# TREATING DAMP

Before you start treating a damp area, find the cause.

Ventilate the room, and consider purchasing a dehumidifier. Special damp-proof substances can be used to treat the affected area - remember to follow the safety instructions.



# OTHER CAUSES OF DAMP

Condensation is not the only cause of damp. Your home may also be affected due to:

- Leaking supply and waste pipes
- Slipped roof tiles or worn flat roofs
- Blocked guttering
- Gaps around window frames
- Cracked rendering and brickwork

# YOUR HEALTH

If you have damp and mould in your home you're more likely to have respiratory problems, infections, allergies or asthma. Damp and mould can also affect the immune system. For more information visit [nhs.uk](https://www.nhs.uk)

If you have symptoms speak to your pharmacist or GP.

If you have mould or condensation that has not gone away after following the guidance in this leaflet, speak to your landlord/housing provider

If you do not have a response, contact Environmental Health.

Fill out the web form at

[www.harrow.gov.uk/reportdamp](https://www.harrow.gov.uk/reportdamp)

or email

[environmental.health@harrow.gov.uk](mailto:environmental.health@harrow.gov.uk)

If you're a council tenant, email photos to

[housing.repairs@harrow.gov.uk](mailto:housing.repairs@harrow.gov.uk)

or fill out the webform at

[www.harrow.gov.uk/housingrepairs](https://www.harrow.gov.uk/housingrepairs)