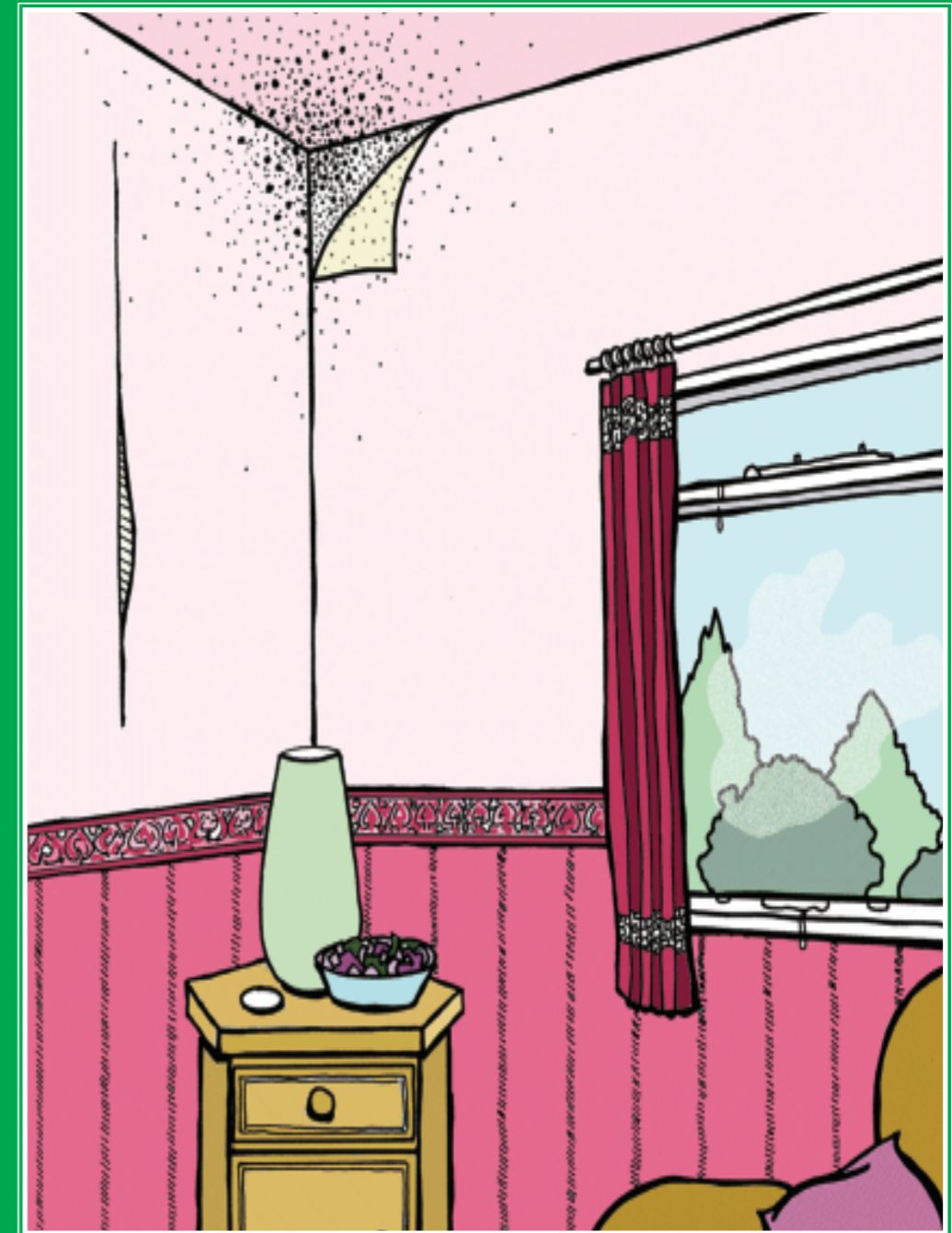


# CONTROLLING CONDENSATION AND MOULD

## USEFUL CONTACT NUMBERS

• Energy Efficiency Advice Centre	020 8313 4914	<a href="http://www.bromely.gov.uk/energy">www.bromely.gov.uk/energy</a>
• Staying Put	020 8313 4222	<a href="http://www.bromely.gov.uk">www.bromely.gov.uk</a>
• South East London Energy Efficiency Advice Centre	0800 512 012	<a href="http://www.saveenergy.co.uk">www.saveenergy.co.uk</a>
• Gas (leaks) Transco	0800 111 999	<a href="http://www.transco.uk.com">www.transco.uk.com</a>
• Energywatch Gas & Electricity Consumer complaints	0845 906 0708	<a href="http://www.energywatch.org.uk">www.energywatch.org.uk</a>
• Winter Fuel Payments	0845 915 1515	<a href="http://www.thepensionservice.gov.uk/winterfuel">www.thepensionservice.gov.uk/winterfuel</a>
• Age Concern	0800 009 966	<a href="http://www.ageconcern.co.uk">www.ageconcern.co.uk</a>
• Help the Aged	0808 800 6565	<a href="http://www.helptheaged.co.uk">www.helptheaged.co.uk</a>
• Disabled Living Foundation	0845 130 9177	<a href="http://www.dlf.org.uk">www.dlf.org.uk</a>
• Benefit Enquiry Line (for people with disabilities and their carers)	0800 882 200	<a href="http://www.dwp.gov.uk">www.dwp.gov.uk</a>
• Pension Credit	0800 991 234	<a href="http://www.thepensionservice.org.uk/pensioncredit">www.thepensionservice.org.uk/pensioncredit</a>
• Warm front	0800 316 2814	<a href="http://www.eaga.co.uk">www.eaga.co.uk</a>



اس پوسٹیکا میں اس بارے میں مہتواپور جاناکاری شامل ہے کی آپکو घर میں کڈنسنسھن (پانی کی بوندوں کا بنانا) اور فلفونڈی (مولڈ) کے کاراण होने वाली समस्याओं को कैसे कम किया जाए। यदि आपको यह पुस्तिका समझने में मुश्किल लगती है, तो कृपया किसी दोस्त, परिवार के सदस्य या आपकी पहचान के किसी व्यक्ति को आपके लिए इसका अनुवाद करने के लिए कहें। यदि आप किसी ऐसे व्यक्ति को नहीं जानते हैं जो आपके लिए ऐसा कर सके तो अपनी स्थिति के बारे में एनर्जी एफिशियन्सी एडवाइस सेंटर को बताने के लिए उन्हें फ़ोन 0800 512 012 पर फ़ोन करें और वे अनुवाद हासिल करने में आपकी मदद करेंगे।

### نہم پرتوکه زانیاری گرنکی تیادایہ دهریاهری کم کردنہوی نہو کیشانہی کہلمالہکہتدا سروسٹ نہیئت بهہوی کہپوو و پرتوہتہوہ۔

نہگر پرتوکهت بہلا تہوہ گران ہوو تہی بگہی، تکایہ داوا لہ براندہریک یان نہندامیکی  
خیزانہکھت یاخوہ یمکیکہ کہ نہی ناسی ہو شہوی ہوت تہرجومہ بکات۔ نہگر یمکیکت نہہوو کہ  
نہوت ہو بکات نہوا تکایہ پیوہندی بگہ سہتہری ناموزگاری روزہی چالاکہوہ (ٹینڈرچی  
ٹیفیشیٹسی نہدقاس سہتہس بہم ژمارہ خوہاییہ 0800 512 012 ہو شہوی ٹاگاداریان  
بکیتہوہ لہ و مزعمکت و نہوان یارمہتیت نہدن لہ بہدست کسہتی بہ تہرجومہ کراوی۔

اس کیڑاہچہ ویٹ جاتہکاری دیئتہی گہی ہے کی کس زتوں زوساں ہاٹی جا ہاڈ جہٹ اہتہ  
یولی لہگٹ کارن ہیدا ہوتہاں سہسہاواہا ہٹا سکہتہ ہو۔

سہ ایہ کیڑاہچا زوہاٹو سہٹہٹ ویٹ اہہا لگاہا ہے، زانہ کیہا ہر کہ اہتہ کسہ مہتہر، ہیہاہر دہ  
مہتہر جا کسہ ہر ہتہ ہو، سس ہو زوساں جاتہتہ ہو، اہتہ لہی ایس دا اہتہاہر کارن لہی ہرہ۔ سہ  
ہوتہ ہہی زوہاٹہ لہی ایہ نہی ہر سکہا زانہ (ہریٹھن) مہتہ نہہر 0800 512 012 تہ اہتہرہی  
اہتہسہسہی اہتہاہی سہتہر (Energy Efficiency Advice Centre) ہو ٹہلیٹھن ہر کہ اہتہی  
ہالٹ ہارہ دہسہ اہتہ ایہ ایس دا اہتہاہر ہرہاٹھٹ ویٹ زوہاٹہ سہاٹہا کارن ہو۔

اس کتابچے میں اہم معلومات دی گئی ہیں کہ آپ کے گھر میں نمی (عمل تکثیف)  
اور مولڈ یعنی پھپھوندی سے پیدا ہونے والے مسائل کو کس طرح کم کیا جا جائے۔

اگر آپ کیلئے اس کتابچے کو بھجوانا ہوتو براہ مہربانی کسی دوست، اپنے خاندان کے کسی فرد یا کسی جان بچان والے شخص کو کہیں کہ وہ آپ کیلئے  
اس کا ترجمہ کر کے دے۔ اگر آپ کو کوئی ایسا شخص نہیں ملتا جو آپ کیلئے اس کا ترجمہ کر سکے تو براہ مہربانی انرجی ایفیشی اڈوائس سینٹر کو اپنے  
حالات سے مطلع کرنے کیلئے اس نمبر 0800 512 012 پر مفت لمبی فون کریں اور وہ اس کا ترجمہ کر دے گی میں آپ کی معاونت کریں گے۔

THIS BOOKLET CONTAINS IMPORTANT INFORMATION ON HOW TO REDUCE PROBLEMS IN YOUR HOME CAUSED BY CONDENSATION AND MOULD.

If you find the booklet difficult to understand, please ask a friend, family member or someone you know to translate it for you. If you do not have someone who can do that for you, ring the Energy Efficiency Advice Centre on FREEPHONE 0800-512012 to inform them of your situation and they will help you obtain a translation.

কমন্স করে আপনার ঘরে অসুবিধা কমানো যায় কন্ডেন্সেশন এবং তার বিস্তারের হাত থেকে এই বুকলেটে তার গুরুত্বপূর্ণ তথ্য আছে। আপনার এই বুকলেটটি বুঝতে অসুবিধা হলে আপনার বন্ধু, পরিবারের কোন সদস্য অথবা যাকে আপনি চিনেন তাকে অনুবাদের জন্য রাখতে পারেন। আপনার যদি অনুবাদ করার মত কেউ না থাকে দ্রুত ফোন করুন এনার্জি এফিসিয়েন্সি এডভাইস সেন্টার ফ্রি ০৮০০ ৫১২ ০১২ নম্বরে যাহাতে তারা আপনার অবস্থা জানবে এবং আপনার অনুবাদের জন্য কাউকে আনার জন্য সহায়তা করবে।

此資訊手冊包涵如何減少房屋的冷凝和發黴問題的重要資訊。

如果您覺得此手冊難以看懂，可以請朋友、家人或認識的人仕為您翻譯。如果您沒有合適的人仕可為您翻譯，請撥打免費電話 0800 512 012，聯絡能源有效利用中心，告訴他們您的情況，他們將幫助您獲得一份譯文。

বেশ অথবা ঠাণ্ডা বাতাবস্থায় তেমন হুগনে কারণে আমরা ঘরমাং যে তমনে কোঁ মুখেখীও পডতী খৌষ তো তেনে কেম দূর ক্রবী তেনাং মাটে আ পুস্তিকামাং অগত্যনী মাখিতী আপবামাং আবী ঠে।  
 যে আ পুস্তিকামাং আবেধ বিগতী সমলনী তমনে অধরী বাগতী খৌষ তো আমরা কোঁ মিত্র, পরিবারনাং সল্ল অথবা তমে জনে জলুতাং খৌ তেবী কোঁ অজিনে আ ল'আলুনো অনুবাদ আমরা মাটে ক্রী আপবানু কডেশী।  
 যে আনু ক্রী শকে তেবু কোঁ তমারী জাগমাং ন খৌষ তো 0800 512 012 পর এনর্জি এফিসিয়েন্সি এডভাইস সেন্টারনে হোন ক্রীনে তমারী মুখেখী জলুপশী তো তেও তমনে তেনো অনুবাদ মেজবী আপবামাং মদে ক্রী শকশী।

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## 1 WHAT IS CONDENSATION?

There is always some moisture in the air, even if you cannot see it. If air gets cold, it cannot hold all the moisture produced by everyday activities and some of this moisture appears as tiny droplets of water, most noticeable on windows on a cold morning. This is condensation. It can also be seen on mirrors when you have a bath or shower, and on cold surfaces such as tiles or cold walls. It is not always visible especially on surfaces such as wallpaper.

Condensation occurs in cold weather, even when the weather is dry. It doesn't leave a 'tidemark' round its edges on walls. If there is a 'tidemark', this dampness might have another cause, such as water leaking into your home from a plumbing fault, loose roof tiles or rising damp.

Look for condensation in your home. It can appear on or near windows, in corners, often behind curtains and, in or behind wardrobes and cupboards. Condensation forms on cold surfaces and places where there is little movement of air.

### Problems that can be caused by excessive condensation

Dampness caused by excessive condensation can lead to mould growth on walls and furniture, mildew on clothes and other fabrics and the rotting of wooden window frames. Also, damp humid conditions provide an environment in which house dust mites can easily multiply. The presence of mould and dust mites can make existing respiratory conditions such as asthma and bronchitis worse. Condensation mould often appears as small black dots as in this picture.

### First steps against condensation

You will need to take proper steps to deal with condensation, but meanwhile there are some simple things you should do straight away.

- ◆ Dry your windows and window-cills every morning, as well as surfaces in the kitchen or bathroom that have become wet. Wring out the cloth rather than drying it on a radiator.

### First steps against mould growth

First treat the mould already in your home, then deal with the basic problem of condensation to stop mould reappearing.

To kill and remove mould, wipe down or spray walls and window frames with a fungicidal wash that carries a Health and Safety Executive (HSE) 'approval number', and ensure that you follow the instructions for its safe use. These fungicidal washes are often available at local supermarkets and many DIY stores. Dry-clean mildewed clothes, and shampoo carpets. Do not try to remove mould by using a brush or vacuum cleaner.

After treatment, redecorate using good-quality fungicidal paint and a fungicidal resistant wall paper paste to help prevent mould recurring. The effect of fungicidal or anti-condensation paint is destroyed if covered with ordinary paint or wallpaper.

**But remember: the only lasting cure for severe mould is to get rid of the dampness**



## 7 TO CONTROL CONDENSATION REMEMBER THE KEY

### REDUCE THE AMOUNT OF MOISTURE YOU PRODUCE

SEE ACTIONS IN SECTION 3

### IMPROVE THE VENTILATION

SEE ACTIONS IN SECTION 4

### REDUCE THE NUMBER OF COLD SURFACES IN YOUR HOME

SEE ACTIONS IN SECTION 5

To improve the Energy Efficiency of your home, ring the Energy Efficiency Advice Centre on 0800 512 012

### MAINTAIN AN ADEQUATE TEMPERATURE

SEE ACTIONS IN SECTION 6

### GRANTS AND DISCOUNT SCHEMES

There are various grants and discounts available to help you insulate and heat your home. For further information please call our Energy Advice Line on 020 8313 4914 or visit [www.bromley.gov.uk/energy](http://www.bromley.gov.uk/energy).

## 6 THE TEMPERATURE OF YOUR HOME

Warm air holds more moisture than cooler air which is more likely to deposit droplets of condensation around your home. Air is like a sponge; the warmer it is, the more moisture it will hold. Heating one room to a high level and leaving other rooms cold makes condensation worse in the unheated rooms. A short burst of high level heating only warms up the room's air temperature. Low or medium level heating over a longer period will heat the air temperature and the fabric of the house, such as the walls. Once heated the fabric will retain some of the added warmth, which in turn will reduce the time and amount of heat needed in warming the room up the next time.

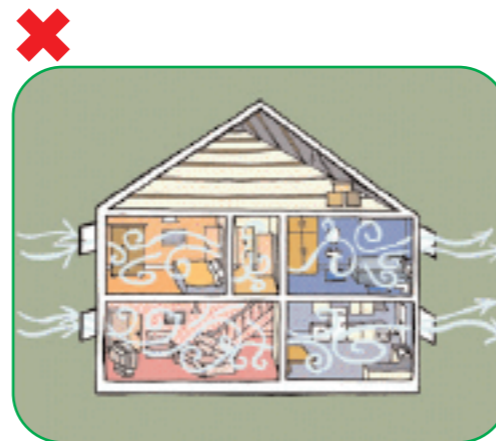
Heating controls such as thermostats and timers etc can be used to ensure you have adequate levels of heating in the right places at the right times, this can also help reduce heating bills.

Keeping the heating on at low all day in cold weather will help to control condensation, but keep a check on your meters to check how much it is costing you.

- ◆ If you don't have heating in every room, you could keep the doors of unheated rooms open to allow some heat into them.
- ◆ To add extra heat to rooms without any form of installed heating, it is better to use electric heaters, for example oil-filled radiators or panel heaters, on a low setting. Remember, you should not use portable bottled gas heaters in homes suffering with condensation as they give out a lot of moisture whilst in use. Contrary to popular belief, it is actually cheaper to heat a room with on-peak electricity than by using bottled gas heaters.
- ◆ If you have a freezer or other electrical equipment such as a computer or freeview box, it is a good idea to put it in a space suffering from condensation, as the heat will help to keep condensation at bay.
- ◆ Be careful not to 'over-ventilate' your home when it is cold, as it will cause the temperature inside to drop and make condensation more likely. It will also increase your heating costs.

If you think that the heating or heaters installed in your home are insufficient to give enough heat to combat condensation, it may be worth considering improving your heating and or insulation.

If you require extra warmth or insulation, you might wish to contact us to enquire about grants and discount schemes.



## 2 WHAT CAUSES CONDENSATION?

There are four main factors that cause condensation:-

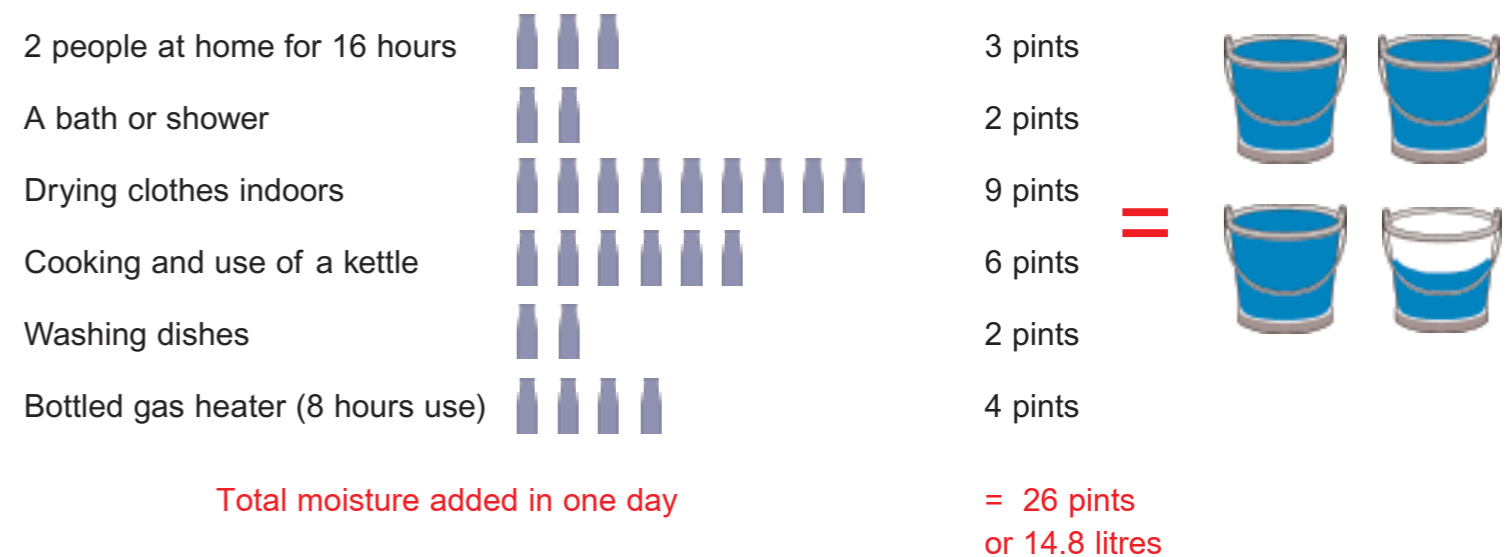
- ◆ **TOO MUCH MOISTURE BEING PRODUCED IN YOUR HOME**
- ◆ **NOT ENOUGH VENTILATION**
- ◆ **COLD SURFACES**
- ◆ **THE TEMPERATURE OF YOUR HOME**

You need to look at all of these factors to cure a condensation problem.

## 3 TOO MUCH MOISTURE BEING PRODUCED IN YOUR HOME

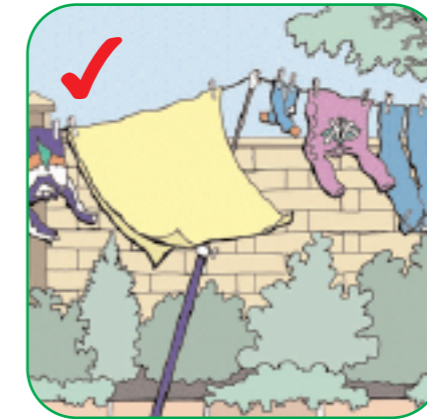
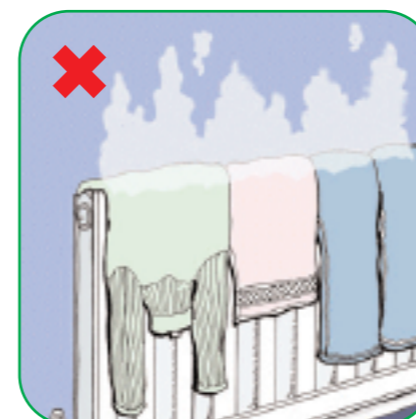
Our everyday activities add extra moisture to the air inside our homes. Even our breathing adds some moisture (remember breathing on cold windows and mirrors to fog them up?). One person asleep adds half a pint of water to the air overnight and at twice that rate when active during the day.

To give you some idea as to how much extra water this could be in a day, here are a few illustrations:-

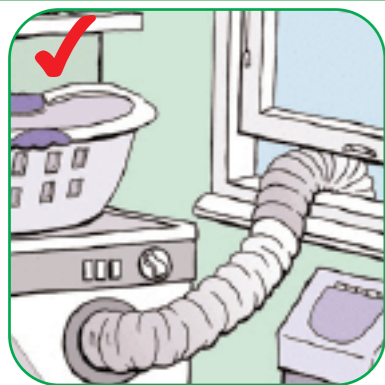


### Reduce the potential for condensation by producing less moisture

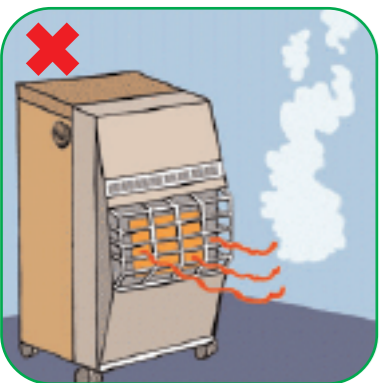
- ◆ Hang your washing outside to dry if at all possible, or hang it in the bathroom with the door closed and a window slightly open or extractor fan on. Don't be tempted to put it on radiators or in front of a portable electric or gas heater.







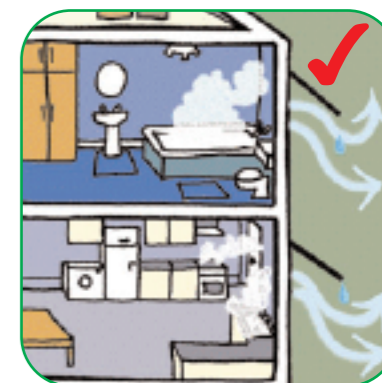
- ◆ If you use a tumble drier, make sure it is vented to the outside or that it is of the condensing type.
- ◆ Always cook with pan lids on, and turn the heat down once the water has boiled. Only use the minimum amount of water for cooking vegetables.
- ◆ When filling your bath, run the cold water first then add the hot - it will reduce the steam by 90% which will help to prevent condensation.



- ◆ Try to avoid use of bottled gas heaters; they produce about 8 pints of moisture from an average-sized gas cylinder.
- ◆ Don't use your gas cooker to heat your kitchen as it produces moisture when burning gas. (You might notice your windows misting over).
- ◆ If you use baby sterilizing equipment, ensure that you open a window when it is in use.



- ◆ Keep kitchen and bathroom doors closed to prevent moisture escaping into the rest of the house.
- ◆ Ventilate your kitchen and bathroom for about 20 minutes after use by opening a small top window. Use an extractor fan if possible - they are cheap to run and very effective.
- ◆ Ventilate your bedroom by leaving a window slightly open at night (but, remember your security) and ensure the trickle vents on your windows are open permanently (if fitted).



- ◆ To reduce the risk of mildew on clothes and other stored items, allow air to circulate round them by removing 'false' wardrobe backs or drilling breather holes in them. You can place furniture on blocks to allow air to circulate underneath. Keep a small gap between large pieces of furniture and the walls, and where possible place wardrobes and furniture against internal walls. Pull shelves away from the backs of wardrobes and cupboards. Never overfill wardrobes and cupboards, as it restricts air circulation.



## 4 VENTILATION OF THE HOME

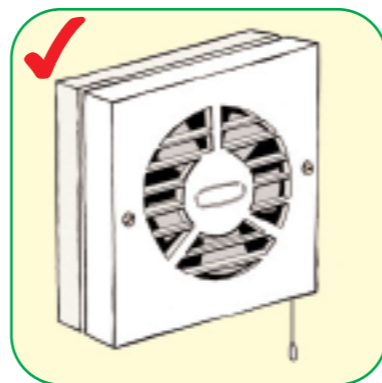
### Ventilation can help to reduce condensation by removing moist air from your home and replacing it with drier air from outside

- ◆ Help to reduce condensation that has built up overnight by 'cross-ventilating' your home - opening to the first notch a small window downstairs and a small one upstairs. (They should be on opposite sides of the house, or diagonally opposite if you live in a flat). At the same time, open the interior room doors, this will allow drier air to circulate throughout your home. Cross-ventilation should be carried out for about 30 minutes each day.



Note: Make sure that accessible windows will not cause a security problem - remember to close them when you go out.

- ◆ Ventilate your kitchen when cooking, washing up or washing by hand. A window slightly open is as good as one wide open. If you have one, use your cooker extractor hood or extractor fan.



## 5 COLD SURFACES IN YOUR HOME

Condensation forms more easily on cold surfaces in the home, for example walls and ceilings. In many cases, those surfaces can be made warmer by improving the insulation and draughtproofing. Insulation and draughtproofing will also help keep the whole house warmer and will cut your fuel bills. When the whole house is warmer, condensation becomes less likely.

Loft and cavity wall insulation are the most effective forms of insulation.

If you install any draughtproofing, observe the following guidance.

- ◆ Do not draughtproof rooms with a condensation problem, or where there is a heater or cooker that burns gas or solid fuel.
- ◆ Do not block permanent ventilators or airbricks installed for heating or heating appliances.
- ◆ Do not draughtproof bathroom or kitchen windows.

If you are a tenant and have reason to believe that your home could benefit from an improvement to its loft or wall insulation, please contact your landlord to enquire about the possibility of such an improvement.

