

# What to do about **Condensation**

## What is condensation?

Moisture is produced in all homes by breathing, cooking and washing. An average household produces 21 pints of water vapour a day.

However, there is a limit to the amount of water vapour that air can contain – the warmer it is the more it can hold. When the warm air comes into contact with a cold surface such as a window, or when too much vapour is put into the air, the moisture turns to liquid and forms as droplets of water – this is known as condensation.

Condensation frequently happens in warm, wet rooms like kitchens and bathrooms. Condensation is seen on windows as ‘steaming up’ and as patches of dampness on walls and ceilings.

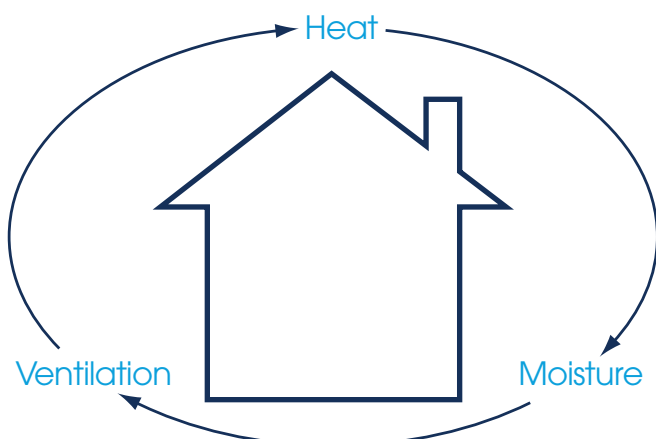
## Why is it a problem?

Small amounts of condensation can be found in most homes, but if it is not dealt with mould growth will occur and in severe cases this will make some health conditions worse. If mould is allowed to grow on furniture, clothes or decorations they will become damaged.

‘Try to achieve a balance between heat, moisture and ventilation’.

## What can you do?

If you think you have condensation in your home there are a number of practical steps that you can take:



## Kitchen

- Keep lids on pans.
- Ventilation – open the windows slightly.
- If you have a tumble dryer, ventilate it outside. If this is not possible, try not to use it when you cook.
- Keep the internal kitchen door closed when cooking.
- Do not let kettles and pans boil longer than is necessary.
- If you have an extractor fan fitted make sure you use it when cooking.

## Bathroom

- Heat the room before taking a bath or shower.
- Open a window afterwards.
- Pour an inch of cold water to the bath before you add hot water.
- If you live in a high rise building and the bathroom has no window – make sure the extractor fan is working. If it is not working report it to the Customer Service Centre.

## Generally

- Raising the room temperature also helps reduce condensation – so try to keep your home as warm as you can afford. Use central heating if you have it.
- It is best to have the heating on for longer periods of time at a lower temperature. Try adjusting your central heating thermostat if you have one. Ask for advice about getting the most out of your heating system.
- Insulate – use draft excluders where possible.
- If condensation does form on the windows wipe it off.
- Improve ventilation – open windows wherever possible.
- If you dry clothes indoors open a window to allow air to circulate.
- Do not drip/dry clothes indoors if possible.
- Try not to put furniture in front of radiators.
- Do not block air vents.
- If mould does occur, it can be cleaned off walls, floors etc. using a one part bleach solution to four parts water.

To report a repair, call the Customer Service Centre on **0131 657 0600**.

Alternatively you can report any non-emergency repair via your online account.

# What to do about Mould

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## What is Mould?

Mould is the common word for any Fungus that grows on food or damp building materials. It often looks like a stain and comes in a variety of colours. In some cases, however, mould may not be visible but may have a musty odour. If it is allowed to grow, mould can contribute to poor indoor air quality.

Washing, cooking, air humidifiers, condensation and leaks from the outside all produce the kind of indoor moisture that mould needs to grow. Also, poor ventilation contributes to higher humidity levels and leads to condensation, which also allows mould to grow.

## Dealing With Mould

- It is best to wipe up and remove any condensation regularly to avoid mould. If mould has become a problem you will need to remove it after you have taken steps to reduce the source of the condensation.
- Be careful when disturbing mould by brushing or vacuum cleaning, as this can aggravate respiratory problems.
- To kill and remove mould, wipe down any affected walls and windows with a fungicidal wash, carefully following the manufacturers instructions. These fungicidal cleaners are available from most supermarkets, hardware shops and DIY or decorator's suppliers.
- Wash or dry-clean as appropriate any mildewed clothes and shampoo carpets. Ensure everything is thoroughly dry afterwards or mould could reappear.
- After treatment, redecorate using a good fungicidal paint to prevent mould recurring. If staining is bad you may need to use specialist 'stain block' paint first. Seek the advice of your local paint supplier or decorator.

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