



BEDFORD
BOROUGH COUNCIL



Preventing Damp Condensation & Mould Growth in your Home

Environment and Sustainable Communities

Remove the mould



The first step that you need to take is to remove the mould that is already in your home. It is important to remove the mould that is in your home as it can increase the risk of respiratory illness or skin problems in some people.

If you are sensitive to the mould and its spores please remember that removing the mould could result in spores being released into the atmosphere. Therefore the World Health Organisation (WHO) recommends that you protect yourself using a mask that covers your nose and mouth, goggles and long gloves when removing mould.

- Wipe down the walls or window frames affected to remove the mould.
- Sterilise the area that has been affected using either a bleach solution (mixed 1 part bleach to 20 parts water) or a special mould and mildew cleaning spray that can be purchased from many shops. Make sure that you use gloves when using these cleaning chemicals and if you use a specialist spray then follow the instructions on the label.
- If you are concerned about using harsh chemicals you could choose to use baby bottle sterilising fluid/tablets that have been mixed with warm water to sterilise the affected surfaces as this is mild bleach that is safe for use with young children.
- You will need to repeat these steps if the mould returns.
- If clothes have been affected by mould then wash them and if possible get them dry cleaned to ensure that spores of the mould have been removed.
- If carpets have been affected then they can be treated by shampooing to remove the mould spores.
- If you intend to redecorate then there are anti-fungal paints available. Remember that these are not effective if you then place other paints or wallpaper over the top of them.

Controlling excessive moisture & condensation



The only long term way of preventing mould returning is to reduce the moisture and condensation within the property. This includes reducing the amount of moisture that is produced, removing the moisture that is produced and reducing the cold surfaces on which the moisture can condense, allowing mould to form.

Controlling moisture production:

- Close kitchen and bathroom doors to prevent steam escaping to other rooms.
- When washing or cooking open a window in the kitchen or use a working extractor fan, if you have one fitted, to allow steam to escape. Leave the window open/fan running for 20 minutes after washing or cooking to allow remaining steam to escape.
- If possible cover pans while cooking.
- Dry clothes outside wherever possible.
- If you have a tumble drier ensure that it is vented to the outside of the property (unless it is a self condensing tumble drier).
- If you cannot dry your clothes outside and do not have a tumble drier then dry your clothes in the bathroom with the door shut and the window open or extraction fan running.
- Avoid using paraffin or bottle gas heaters as these produce lots of water.
- If you notice condensation/water droplets on windows or other cold surfaces wipe down the surface to remove the moisture.



Increase ventilation:

Mould is more likely to grow where there is still, stale air such as in the corners of rooms and behind furniture. Steps therefore need to be taken to increase air circulation:

- Open your windows when possible: when you are in the property and it is not raining. This allows the moist air out of the property before it can condense on the cold surfaces. If you open your window for short periods 3-4 times during the day your home doesn't have time to get cold.
- Open bedroom windows in the morning to allow moisture produced through breathing in the night to be removed.
- If possible move furniture away from the wall slightly so air can circulate around them.
- Leave cupboard doors open occasionally to air them (if you are experiencing problems with damp and mould inside wardrobes and cupboards this will be due to condensation and needs to be controlled by following this guidance).



Keep your home warm:



When a property is warm there are less cold surfaces on which moisture can condense. It may help to heat surfaces and may be more fuel efficient and cost effective to heat the property at a low level but continually during cold weather. This is because there are no large drops in temperature which would create cold surfaces and allow moisture to condense.

The heating system does not then have to use large and expensive amounts of energy to heat the property from a low temperature. Experiment with your heating system to find a cost effective way of heating your home without any large drops in temperature. If you are on a card meter you can quickly recognise if your heating is getting cheaper or more expensive.

Summary

- The mould needs to be removed- wash down the walls and sterilise with a bleach or specialist spray.
- Clean any affected surfaces such as clothes or carpets to remove all mould spores.
- Control and reduce the moisture levels within your home.
- Ventilate your home - open your windows regularly to remove moist air. If the weather is cold open the windows for short periods 3-4 times a day, especially after moisture producing activities such as cooking or washing.
- Keep your home warm to reduce the number of cold surfaces.

Notes

Finding out more

If you would like further copies, a large-print copy or information about us and our services, please telephone or write to us at our address below.

Për Informacion

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Informacja

برای اطلاع

Za Informacije

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