



Tenant Guide: Condensation & Mould

This guide will outline the best practices for preventing condensation in your home, ensuring you steer clear of the risk of mold formation.

What is condensation?

Condensation is the process by which water vapor in the air turns into liquid water when it comes into contact with a cooler surface. This often happens when warm, moist air meets a cold window or wall, causing tiny droplets of water to form. Condensation is a natural occurrence and is most noticeable in places like kitchens and bathrooms, where humidity levels are high.

Damp, on the other hand, refers to excess moisture that has built up within a structure, often due to leaks, rising groundwater, or poor ventilation. Unlike condensation, dampness is usually persistent and can lead to mold growth, musty smells, and even structural damage over time. Damp is a more serious problem that often requires repairs, such as fixing leaks or improving insulation, to prevent long-term damage.

The key difference between condensation and damp is their cause and permanence. Condensation is temporary and caused by everyday activities like cooking and showering, while damp is a more severe issue caused by external factors such as water ingress. Proper ventilation and heating can help reduce condensation, whereas damp often requires more significant intervention to resolve

Causes of condensation

Water Vapour

Water vapor causes condensation when warm, moist air comes into contact with a cooler surface. As the air cools, it loses its ability to hold moisture, leading to the formation of tiny water droplets on surfaces like windows, walls, and mirrors.

Common Household Causes of Condensation:

- Cooking – Steam from boiling water and cooking food increases humidity.
- Showering – Hot showers create a lot of moisture in the air.
- Drying clothes indoors – Evaporation from wet clothes adds water vapor to the air.
- Poor ventilation – Lack of airflow traps moisture, increasing humidity levels.

Humidity of Indoor Air

Condensation appears in indoor air when humidity levels are high, and the moisture in the air comes into contact with cooler surfaces. As the warm air cools down, it loses its ability to hold water vapor, causing tiny droplets to form on windows, mirrors, and walls. This is most common in areas with poor ventilation, such as bathrooms and kitchens, where activities like cooking and showering release a lot of moisture into the air.



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Causes of condensation

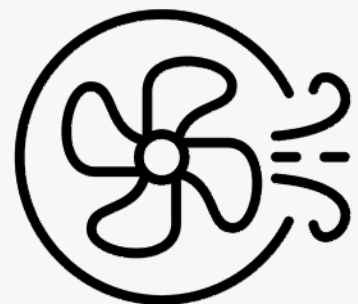
Low Temperature

When it gets cold inside a house, the air can't hold as much moisture. This makes the extra water in the air turn into tiny drops on windows, walls, or other cool surfaces. That's why you might see foggy windows or damp spots when it's chilly—it's just the warm air losing its water as it cools down!

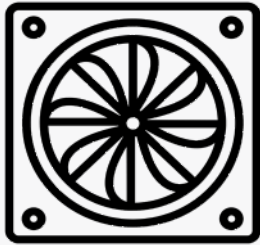


Poor Ventilation

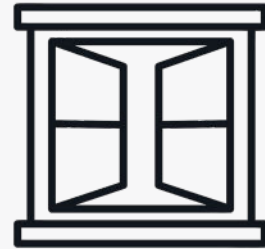
Good ventilation helps keep a house dry by letting fresh air move around. When air gets stuck inside, moisture builds up from things like cooking, showering, and even breathing. Without enough airflow, this moisture turns into water drops on windows and walls. Opening windows or using fans helps remove the damp air, stopping condensation and keeping the house fresh and dry.



Preventing condensation



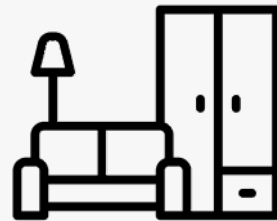
1. Use extractor fans when cooking or showering to remove steam.



2. Open windows for fresh air to reduce moisture



3. Use a dehumidifier in damp areas to control humidity.



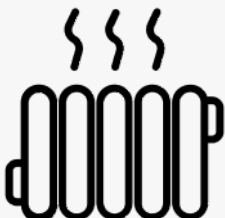
4. Move furniture away from walls for better air circulation.



5. Cover pots when cooking to reduce steam



6. Wipe down windows and surfaces to remove condensation.



7. The heating should generally be kept at a steady temperature between 18-21 °C. This range helps to prevent condensation by maintaining a comfortable indoor climate without allowing warm air to cool too quickly.



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Mould

What is mould?

Mould from condensation can often turn into black mold if the moisture problem is not addressed. It typically grows in areas with persistent dampness, such as around windows, on walls, ceilings, and in corners where condensation frequently forms. Black mould thrives in these conditions, especially in areas with poor ventilation and high humidity. It spreads quickly if left untreated, causing damage to surfaces and materials as it feeds on moisture.



How to remove mould?

To remove mold, clean the affected area with a solution of water and either bleach, vinegar, or baking soda. Scrub the moldy surface with a brush or cloth, then rinse and dry the area thoroughly. Ensure proper ventilation during cleaning and wear gloves and a mask to avoid mold exposure. If the mold has damaged materials like drywall or fabric, it may need to be discarded. Finally, fix any moisture issues to prevent mold from returning.



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