

DEALING WITH MOULD

A Guide for Residents

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Preventing mould in properties is particularly important in the UK, where damp conditions and cooler temperatures can contribute to indoor mould growth. Here are some practical tips to help keep mould at bay:

1. Ventilation

- **Open Windows:** Allow fresh air to circulate by opening windows daily, especially in kitchens and bathrooms, where moisture is highest.
- **Extractor Fans:** Use extractor fans in bathrooms and kitchens to help reduce moisture.
- **Trickle Vents:** If your windows have trickle vents (small adjustable vents), keep these open to promote airflow.
- **Furniture Positioning:** Avoid pushing furniture directly against walls, as this can trap moisture and reduce airflow.

2. Heating and Insulation

- **Maintain Consistent Heat:** Keep the home at a consistent, moderate temperature, as sudden changes in temperature can lead to condensation. Insulate Properly:
- **Insulate walls, windows, and doors** to reduce cold surfaces where condensation (and therefore mould) is likely to form.
- **Double Glazing:** Use double-glazed windows to help prevent cold spots and limit condensation.

3. Control Moisture Sources

- **Dry Clothes Outside:** Avoid drying clothes indoors as this adds significant moisture to the air. If necessary, use a clothes dryer with proper ventilation or a dehumidifier.
- **Use Lids While Cooking:** Cover pots and pans when cooking to minimise steam and moisture in the kitchen.
- **Wipe Down Surfaces:** Regularly wipe down windows and other surfaces prone to condensation, especially in the morning.

4. Use a Dehumidifier

- A dehumidifier can be very effective in damp rooms or properties prone to high humidity, like basements. It reduces moisture levels, making it harder for mould to grow.

5. Identify and Repair Leaks

- **Fix Leaks Promptly:** Check for any leaks in plumbing, roofing, or windows and address them immediately, as they can introduce a lot of moisture to walls and floors.
- **Check Gutters and Drains:** Blocked gutters can lead to water build-up, causing damp spots on walls that can encourage mould growth.

6. Clean and Treat Existing Mould

- **Use Anti-Mould Solutions:** If mould does appear, clean it quickly with an anti-mould spray or a mixture of vinegar and water. There are also anti-mould paints that can be used in high-risk areas.
- **Monitor Problem Areas:** Keep an eye on areas that are prone to dampness, like basements, kitchens, and bathrooms, so you can act quickly if mould starts to form.

7. Consider Humidity Monitors

- Place humidity monitors (hygrometers) in various rooms to keep an eye on indoor moisture levels. Ideally, indoor humidity should be between 40-60%.



QUESTIONS?
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