



Coping with Damp in the Home

Damp and condensation in the home encourages the growth of mould and can increase the risk of asthma and other respiratory illness. If not dealt with, it can also cause a lot of expensive damage to your home and possessions. You can be better prepared for the effects of household damp by following the advice below.

How to help reduce the risk

Tick when
complete

Damp

- Check there are no leaks from the roof or gutters, rainwater pipes or other pipes, rotten or leaking window sills or damaged/cracked brickwork.
- Remove rubbish or soil piled up against outside walls as this could cause dampness from the ground to get into the walls and floors.
- Make sure you know where your water stopcock is in case you need to turn the water off quickly, e.g. in the event of a burst pipe.

Condensation (This gets much worse in cold weather, whether it is raining or dry).

- Ventilate rooms, particularly the kitchen and bathroom, to remove moisture by keeping air vents clear, opening windows or using extractor fans.
- Insulate, draught proof and adequately heat your home.
- When running a bath, add hot and cold water at the same time, try to keep the door closed, and then open a window when you have finished to let steam out.
- Avoid drying clothes on radiators and use a clothes horse/rail instead.
- Use pan lids on saucepans when cooking (this also reduces cooking time!)

For further advice please contact us on 01642 243183 or email oneplanetmbro@menvcity.org.uk

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