

Resident Advice Sheet

Ventilation	<p>It is important to keep your property correctly ventilated to stop condensation from forming. Proper ventilation controls moisture and therefore inhibits mould growth by preventing condensation from forming. This in turn helps to improve indoor air quality as well as maintain the fabric of the building.</p> <p>It is important to keep all extractors working and use purge ventilation.</p> <p>What is Purge Ventilation? Purge' ventilation can dilute build-up of moisture in the home with outside air.</p> <p>To achieve this, open windows on each side of your home to create cross ventilation. You should try and do this at least once for one hour.</p>
Heating	<p>Adequately heating your home can help to reduce condensation and damp, so keep temperature levels consistent, especially in those rooms that you may not use often.</p> <p>In cold weather it can be helpful to keep heating on. Use the timer to turn your heating on automatically for ideally 2-3 hours at 21°C in the morning and 3-4 hours at 18°C in the evening.</p> <ul style="list-style-type: none">• Use your thermostat to set the temperature in your home and make a 1°C change at a time if adjustments are needed.• If you have thermostatic radiator valves, turn them to low (1-2) in rooms that you do not use and to medium (3-4) in main living areas.• Insulation and draught-proofing may help keep your home warm and may help to reduce your fuel bills – but do not block any permanent vents (or close window trickle vents)• If you think your property requires insulating and draught proofing, please contact us.
Wash down	
Furniture	<p>Mould problems start from microscopic spores that are light enough to be carried on the air as it moves around your home.</p> <p>The average home contains millions of these spores, but most of the time they don't have the right conditions to grow, and they make up a small part of your normal household dust, however if the mould spores find a friendly environment, they can quickly come out of their dormant state and begin to grow.</p> <p>Mould thrives in damp conditions with poor airflow. A lack of movement in the air allows the amount of mould to build up without being carried away, while damp provides it with the ability to start to consume nutrients found in materials such as plaster or wood.</p> <p>The spaces behind furniture can provide the perfect environment for mould to build up – particularly if the humidity levels in your home are high.</p>

If furniture is placed close to external walls in your home, the conditions are perfect for condensation to form. Air trapped behind the furniture will cool when it comes into contact with the surface of the wall and release its moisture.

Preventing Mould from Growing Behind Furniture

Once you have removed the mould, it is important to stop it growing back. This means taking steps to stop providing a good environment for mould to grow in the first place.

Try to avoid putting furniture up against the wall. If possible don't put large items of furniture against external walls, but if the layout of your room doesn't give you the option, allowing a two-inch gap between the back of the furniture and the wall should leave enough room for air to circulate.

Unfortunately, preventing the damp conditions that allow mould to thrive can be more difficult than simply moving furniture around. Some steps you can take to reduce the amount of problems with condensation in your home can include keeping bathroom and kitchen doors closed when in use and ensuring that you run your extractor fans properly to reduce humidity.

Mould on clothing and shoes

If the atmosphere inside your wardrobe is overly damp this could help start mould growth on the items in your wardrobe, including your shoes.

➤ Cleaning mould from clothing: -

- Household soap – For old stains, everyday household soap, either liquid or in bar form, can be rubbed in directly and rinsed out with water. Then set out the fabric to dry.
- White Distilled Vinegar – Is an excellent mould-killer, diluted vinegar can be worked directly into the stain – or you can pre-soak the clothing in a bucket of water mixed with one cup of vinegar. You can also add 1-2 cups of vinegar to your washing machine per cycle to kill any mildew odours and brighten your whites.

➤ Cleaning mould from shoes: -

You do not need any heavy chemical cleaners, you can often remove mould on shoes with a cloth, a brush, and white vinegar.

Start by going outside and using the brush to scrub off all the mould and mildew you can see on the shoes. It's best to complete the whole cleaning process outside as this can prevent the spread of mould throughout your home. If the mould is substantial then try to remember to wear a mask and gloves.

Once you have gotten as much mould off as possible, mix one part water with one part white vinegar in a bucket. (A half cup of each should be plenty).

	<p>Using your cloth, wipe off the shoes with the vinegar and water solution. Continue cleaning the shoes with the vinegar solution until no more mould is visible. Leave the shoes to dry.</p> <p>Note: Keep in mind that this method is not effective for cleaning suede shoes. It's also worth noting that the vinegar solution can leave a strong smell. You may want to get rid of it by finishing off the cleaning process by rubbing down your shoes with some soap and water.</p> <p>If this cleaning process doesn't eliminate all the mould the first time, you can repeat the process again to see if that's enough.</p>
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<p>Extractor fans</p>	<p>You should always use your extractor fans to draw out the air and expel it outside, through the vents or ducts. This will allow for drier, fresh air to circulate through the room(s). For your information:</p> <p><u>Kitchen:</u></p> <p>The estimated running cost per year is £9.61 for a kitchen extractor fan.</p> <p><u>Bathroom</u></p> <p>The estimated running cost per year is £3.68 for a bathroom extractor fan.</p> <p><u>PIV Fans</u></p> <p>The estimated running cost per year is £15.64 for a PIV kitchen extractor fan.</p> <p>The estimated running cost per year is £10.55 for a PIV bathroom extractor fan.</p>
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<p>Managing everyday activities</p>	<p>Try to remember to:</p> <ul style="list-style-type: none"> • Cover pans when cooking. • Do not dry clothes on radiators. • If you can, dry washing outdoors on a line. If you need to dry washing in a bathroom then close the door, open the window or put the fan on. • If you use a tumble dryer, make sure it is vented to the outside. If you have a condensing tumble dryer, it needs to be installed in a vented area and shut off from the rest of the home. • When filling your bath, run the cold water first then add your hot water. • After using your kitchen and bathroom open the windows so water vapour can escape outside. <p>ALWAYS - Wipe condensation when you see it.</p>
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