What causes Condensation?
And how to prevent it.

Condensation will cause mould to grow, which can rot furniture and damage fixtures such as window frames. Condensation occurs when warm moist air comes into contact with cooler surfaces, which causes tiny drops of water to form on surfaces in your home.

Different amounts of moisture can be produced by everyday activities…

A Couple Breathing
2 PINTS

Washing Dishes
2 PINTS

Bath or Shower
2 PINTS

Cooking or Using the Kettle
6 PINTS

Drying Clothes Indoors
9 PINTS

To prevent it, take the following steps:

Make less moisture
- Never dry washing on a radiator. Dry your washing outside, or on a rack in the bathroom with a window open.
- Put lids on saucepans when cooking to stop steam escaping.
- Run the cold tap before the hot when running a bath to reduce steam by 90%.

If you have condensation you can make a difference by drying windows, windowsills, and surfaces in your kitchen and bathroom every morning.

Ventilate
- Open a window when cooking or after showering.
- Use your extractor fan if you have one when cooking.
- Try to keep the bathroom and kitchen doors closed so steam doesn't reach other rooms.
- Let air circulate around your home – avoid putting furniture against outside walls.

Keep warm
- Heat your home efficiently, at a constant low temperature of 18°C, to prevent condensation forming because of changes in warmth.

- If you have rooms without heating, keep the doors open so warmth from other rooms can circulate.

Remove mould
- Remove mould immediately to stop it spreading and causing damage – special products can be bought from supermarkets and DIY stores.
- Never use a brush or vacuum cleaner to remove the mould as this will release the spores into the air.