



Dampness in your Home

A guide to identification
and treatment

Mould and wet areas in the home can cause damage to plaster, to furniture and other goods – but what causes this to happen and what can be done to help reduce and solve this?

This booklet is a quick guide to different causes of dampness. It also has advice about the next steps to take once you know what type of dampness you are dealing with.

The first question to ask is

**What does it
look like?**

Does the patch look like any of these?



If so, the good news is that you can do something about this with a few simple steps.

This is condensation – it's caused by water in the air clinging to cold surfaces. It's the same as steamed up bus windows or your bathroom mirror after a shower or bath.

Condensation and mould growth in your home are visible signs that the air in your home is too wet.

Windows, walls, furniture and clothes are all affected.

People can often believe that severe dampness is caused by a construction defect, but the main causes of condensation are daily activities as water vapour increases with human activity.

Breathing, sweating, sleeping, cooking, boiling the kettle, washing, bathing, showering, drying clothes, lack of ventilation and inefficient heating all increase the moisture in the air of your home.



Some of the things that create moisture in the home	Pints of water produced
2 people at home for 1 day	▼▼
Cooking and boiling a kettle	▼▼▼▼▼
Having a bath or shower	▼▼
Washing clothes	▼
Drying clothes	▼▼▼▼▼▼▼

Problems condensation can cause

- Fungal growth
- Mould spores (these are microscopic particles released by mould into the atmosphere)
- Dust mites
- Sniffing/runny nose
- Nausea
- Asthma
- Breakdown of immune systems

What you can do to reduce the condensation and mould

- Open windows and use 'trickle vents' (these are small openings to allow wet air to escape) – if you don't have trickle vents, use the 10mm secure window opening (this is within the requirements of most home insurance policies for security)
- Make sure you use extractor fans or vents if they are fitted
- Dehumidifiers
- Efficient use of heating (lower temperature for a longer time rather than higher temperature for a short time)
- Heat the whole of your home, rather than just one room
- Wherever possible, don't place furniture against external walls

If you have black mould spots in your home, these can be removed by using an anti-fungal wash from your local DIY store. If you want a cheaper alternative to fungicide, you can use a weak bleach and warm water mix.

REMEMBER: Always follow the instructions on the anti-fungal wash or bleach container.

If this doesn't take the dampness away, it may be caused by another damp issue.

Does the patch look like any of these?



Then water may be coming into your home another way.

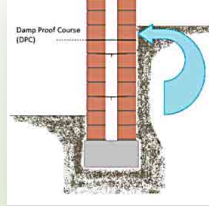
Rising Damp

If your home suffers from rising damp, you'll see wet staining along the base of the ground floor wall. This should rise no more than 1 metre.



Bridging

If the damp is just a patch, this could be something called 'bridging'. It is usually caused by rubble, soil or plants against the external walls.



Penetrating Damp

Staining is usually higher than 1 metre and clearly visible on walls and ceilings.



Falling Damp

This is usually caused by faulty roof coverings. Moisture penetrates from above; through roofs and ceilings. Moisture collects and runs down walls, creating a dark, solid stain.



Faulty Rainwater Goods

This creates patches of damp around your home. If you see a this, it is likely your gutter needs replacing.



If you see any of these sorts of damp, you need to contact us in one of the following ways:

Report a repair online: www.fcho.co.uk

Email: ServiceCentreRepairs@fcho.co.uk

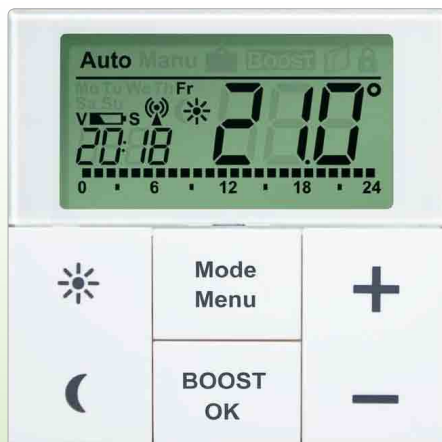
Telephone: **0161 393 7117**

Please remember to state which type of damp you think you have – using the pictures in this booklet as a guide.

Heating your Home

Ideal room temperatures

- 21°C - recommended living room temperature
- 18°C - recommended bedroom temperature



Understanding your radiators

● Many of us set the temperature of our rooms using Thermostatic Radiator Valves (TRV) . On most TRVs the middle setting (usually '3') corresponds to a temperature of 20°C.

- 1 = 16°C
- 2 = 18°C
- 3 = 20°C
- 4 = 22°C
- 5 = 24°C

Heating your home efficiently and ventilating your home can help prevent mould growth.



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