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# Condensation



## Rushden Office

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## What is condensation?

There is always some moisture in the air, both inside and outside your home. The warmer the air is, the more moisture it can contain. As air cools it stops being able to hold all the moisture and this turns into tiny droplets of water, which we call condensation. This will appear on cold surfaces and in places where there isn't much movement of air.

Every household will suffer from condensation at some time. This is usually when we produce a lot of steam or moisture, such as when we cook, or we have a hot bath or shower. We also produce moisture when we breathe. This can be as much as a pint while we sleep, which is why bedroom windows are often misted up in the morning after a cold night.

## How to avoid condensation

Condensation can cause mould on walls, ceilings and even clothes in cupboards. It can also make wooden window frames rot. By following these three simple steps you can help reduce condensation in your home.

### 1. Produce less moisture:

- Close the kitchen or bathroom doors when cooking or bathing to stop warm, moist air spreading throughout your home.

- Dry your washing outside - if you have to dry it inside, put it in the bathroom with the door closed and the window open or fan on.
- Vent your tumble dryer on the outside, unless it is self-condensing.
- Put some cold water into the bath before you fill it with hot water.
- Wipe condensation from windows and window sills whenever it occurs.
- When you cook, choose the right size pan for the food and always keep the lids on. Only fill kettles with the amount of water you need, and don't leave them boiling. This will also help you cut down your fuel bills.

2. **Ventilate your home** to remove moisture, and increase air circulation. You can do this without making your home draughty or cold:

- Keep a small window or trickle vent open when you use a room.
- Open the bathroom window or put the fan on during or after taking a bath or shower.
- Don't block up air bricks or vents, especially providing air to a gas heating appliance.
- Use your extractor fan if you have one, or open the window when you are cooking.
- Ventilate cupboards and wardrobes, by cutting breather holes in them or using slatted shelves - and make sure you don't overfill them as this stops air circulating.

- Leave a space between your furniture and the wall, and try to avoid positioning it against an external wall at all if you can.
3. **Heating and draughtproofing your home.** Draughtproofing will help keep your home warm and cut your fuel bills - if your whole home is warm, condensation is less likely:
- Leave background heating on throughout the day in cold weather, even if no-one is at home.
  - Always use a paper underlay if you have foam backed carpets and a concrete floor.
  - Close your curtains at dusk to stop heat escaping through the windows - this could save you up to £15 a year.
  - Draughtproof your letterbox and keyhole - fit a nylon brush seal or a spring flap, and put a cover over the keyhole.

## Is it condensation?

Condensation is not the only cause of damp. Check for:

- leaking pipes, wastes or overflows.
- missing slates or roof tiles that might be allowing rain in.
- blocked gutters that might make the rain water overflow down the brickwork.
- water penetrating in around your window frames.

These causes of damp often leave a 'tidemark'. If you notice one of these please report your repair to **0845 603 5399**.