



Dealing with damp and mould in your home



An EasyRead Guide

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Living in a damp, mouldy home is bad for your health.



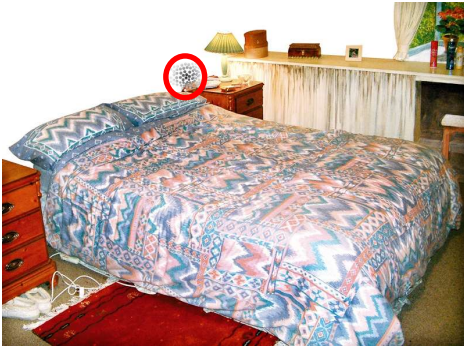
It can make asthma worse and cause other breathing problems.



It can also damage your home.



You may see mould that looks like a cloud of little black dots on your walls and ceilings. This is often in the bathroom or kitchen.



It could also be in other rooms behind furniture, under beds or in wardrobes.



Damp can be caused by too much water or steam trapped in your house.



It can also come from leaking roofs or damaged pipes. These can be fixed. There are things you can do to help.

1. Make sure there is less damp



Small things can really help.

Keep the lids on your saucepans when you are cooking.



Dry your clothes outdoors, or on a clothes airer in a bathroom. Do not dry them on a radiator.



If your tumble dryer has a hose, make sure it is set outside.



Do not use paraffin heaters or bottled gas heaters.

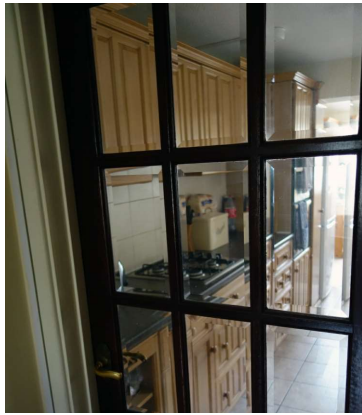


2. Let the damp air out and the fresh air in

Use the extractor fan in the bathroom or kitchen, if you have one.



They do not cost much to run.



Stop damp air getting into the rest of your home.

When you cook, keep the kitchen door shut.



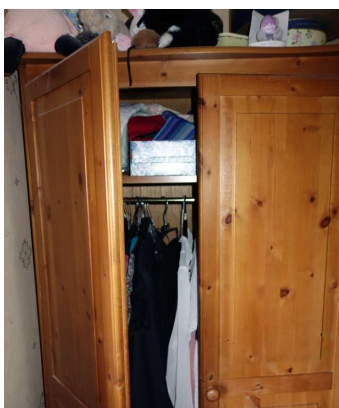
When you have a bath or shower, keep the bathroom door shut.



Open the window so that steam goes outside, not into your other rooms. Mould will only grow when the air is still.



Where fitted, keep trickle vents open.



Make sure there is a gap between furniture and the walls. Air your wardrobes and cupboards sometimes by leaving the doors open.

3. Insulate and draught-proof your home



Warm homes are less likely to be damp. Make sure your home has good **insulation**. This means having foam or lagging in your loft and between the walls.



Your windows and outside doors should have any gaps covered. This is called draught-proofing.

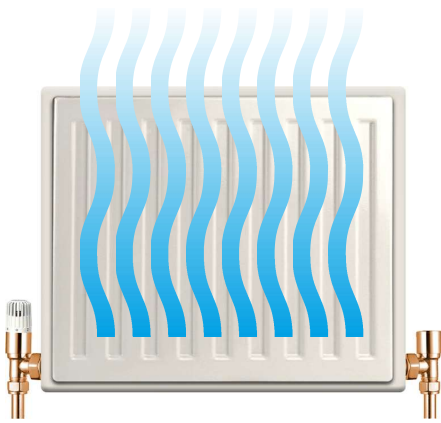


If you need new windows you could get double glazing.

4. Heat your home a little more



Very cold rooms are more likely to get damp and mould. You do not want to waste energy, but it will help to have a little heat on in empty rooms.



Set the temperature to low in any unused rooms. The radiator gives out a little bit of heat whenever you have the heating on.



Do not cover radiators or block them with furniture.



Open windows to give unused rooms a good airing from time to time.



5. More tips

If you get wet windows on the inside, it can help to wipe them down each morning. Wring out the cloth over a sink.



If your house is very wet you may need to use a special machine that takes the water out of the air. This is called a dehumidifier.



These help a lot. But they cost anything from £40 to over £200. Large ones can cost a lot to run.



If you have mould on your walls and ceilings then you need to clean it off well.



You can then buy a mould-killing spray. You may need help with this to make sure you use it carefully. You may need to use a mask.



Once the mould is taken away, you can paint the room with an anti-mould paint. You can buy this in most large shops.



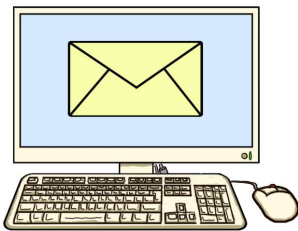
The Centre for Sustainable Energy is a charity.



The Home Energy Team gives free advice on energy saving to people in Bristol and Somerset.



Call free - **0800 082 2234**



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