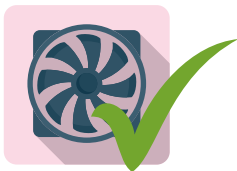


DAMP AND MOULD PRACTICAL TIPS

Damp and mould can cause a range of health problems and are particularly dangerous to people who suffer from respiratory problems like asthma. This is because mould spores produce allergens, irritants, and potentially toxic substances. When these are inhaled, they affect people in different ways.



- **Wipe down** all surfaces to keep condensation at a minimal level.
- **Hang washing outside** if possible or in the bathroom with extractor fan on and the door shut.



- **Ventilate your kitchen when cooking.**
A window slightly open is as good as an open one. Alternatively, you can use your cooker extractor fan if you have one.



- **Ventilate your bedroom** by leaving a window slightly open at night time.
- When filling your bath, **run the cold water first and then add hot water** - this reduces 90% of condensation

If you still experience issues with damp and mould and you rent your property, please report this to your landlord.



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DAMP AND MOULD

PRACTICAL TIPS

Our everyday activities add extra moisture to the air inside our homes. Even our breathing adds some moisture (remember breathing on cold windows and mirrors to fog them up?). One person asleep adds half a pint of water to the air overnight and at twice that rate when active during the day.



To give you some idea as to how much extra water this could be in a day, here are a few illustrations:



Reduce the potential for condensation by producing less moisture

If you are still experiencing damp and mould issues, please contact Broxbourne Borough Council.



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