

## **Understanding Condensation and Mould Growth**

Condensation happens when warm, moist air comes into contact with cold surfaces such as windows, external walls, or poorly insulated areas. This creates excess moisture which, if not managed, becomes the perfect environment for mould to grow. Common causes include:

- Poor ventilation. Without adequate airflow, moisture remains trapped indoors.
- High humidity. Activities like cooking, showering and bathing produce large amounts of steam.
- Drying clothes inside. Wet laundry releases significant moisture into the air.

### **The Risks of Mould in Your Home**

Black mould is particularly dangerous and thrives in damp, stagnant environments. Prolonged exposure can lead to serious health problems including:

- Respiratory issues especially in children, older adults, or those with weakened immune systems.
- Allergic reactions, skin irritation, and aggravated asthma.

In addition to health concerns, mould can also damage your home by weakening insulation, affecting wall structure and timbers.

### **How to Prevent Mould Growth**

The key to preventing mould is controlling moisture levels. Here are some practical steps you can take:

#### **1. Improve Ventilation**

- Open windows regularly to allow fresh air to circulate.
- Use extractor fans in kitchens and bathrooms to remove steam at the source.

#### **2. Keep Humidity Under Control**

- Use a dehumidifier if your home consistently feels damp.
- Avoid drying clothes indoors. If you must, dry them near an open window or use a properly ventilated tumble dryer.

#### **3. Fix Structural Issues**

- Insulate cold surfaces such as external walls to reduce condensation forming.

### Why You Should Act Quickly

If left untreated, mould spreads rapidly and can cause significant damage to both your home and your health. Persistent mould leads to poor indoor air quality and expensive repairs. Taking early action by improving ventilation, reducing moisture and fixing problem areas can make a substantial difference.

### Final Thoughts

Managing condensation and preventing mould is essential for maintaining a safe, healthy living environment. By staying aware of moisture sources, improving air circulation and addressing structural concerns such as insulation, you can protect both your property and your wellbeing.

If you notice visible mould, do not wait. Seeking professional advice and following preventive measures will help keep your home mould free, safe and comfortable. Regular maintenance and awareness go a long way in preventing the damaging effects of condensation and mould growth.



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