

# Tackling Mould & Condensation

Condensation is especially common in winter and if not dealt with quickly can encourage mould growth, with around 1 in 18 households in the UK reported to have experienced some form of mould.<sup>1</sup> As well as being unsightly, mould can worsen indoor air quality and negatively impact the health of those living in your home. To prevent this, effective ventilation is required.

## What is the impact of mould & condensation?

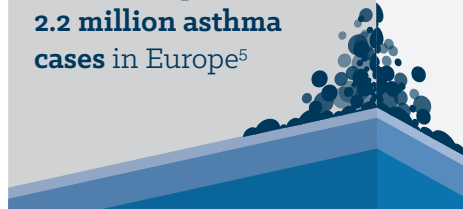
Mould releases **spores** which can produce allergens, irritants, and mycotoxins.<sup>2</sup> Exposure to mould spores in the home can **exacerbate eczema and asthma**<sup>3</sup>



On average you are **19% more likely** to have a **skin or respiratory health condition** if you have mould in your home<sup>4</sup>



Damp and mould in the home is responsible for **2.2 million asthma cases** in Europe<sup>5</sup>



People who live in damp and mouldy homes are at **increased risk of depression**<sup>6</sup>



## How can you improve your ventilation?

- 1 OPEN** trickle vents (usually found above windows)

Essential for extractor fans, and other forms of ventilation and air circulation, to work effectively

- 2 UTILISE** extractor fans (preferably with a timer or air sensor):

Regulations recommend all kitchens, toilets and bathrooms have an extractor fan

- 3 INSTALL** a whole home mechanical ventilation system:

The most effective solution to prevent condensation, airborne particles and other pollutants and ensure that every room has adequate ventilation<sup>7</sup>



### References:

1. Metro. How to get rid of mould in a rented home. Accessed: November 2021. [<https://metro.co.uk/2021/10/30/how-to-get-rid-of-mould-in-a-rented-home-15513721/>]. 2. AXA. What causes condensation and how to stop it. Accessed: November 2021. [<https://www.axa.co.uk/home-insurance/tips-and-guides/what-causes-condensation-and-how-to-stop-it/>]. 3. Medical News Today. Is mould in your house a problem? What you need to know. Accessed: November 2021. [<https://www.medicalnewstoday.com/articles/288651#mold-and-health>]. 4. YouGov Consumer Survey (2014) Air Quality. 5. E. Drosin. Health activists join EU building renovation crusade. Euractiv. Accessed: November 2021. [<https://www.euractiv.com/section/energy/news/health-activists-join-eu-building-renovation-crusade/>]. 6. E. D. Shenassa et al. (2007). Dampness and Mold in the Home and Depression: An Examination of Mold-Related Illness and Perceived Control of One's Home as Possible Depression Pathways. *Am J Public Health*. 97(20): 1893-1899. 7. BEAMA. (2020). A Public Guide to Ventilation and Helping to Reduce the Spread of Coronavirus in Your Home. [<https://www.myhealthmyhome.com/covid-19-and-ventilation>].