

Tips for Mould Prevention during Winter

Mould occurs when it has the right conditions to grow and thrive. See the following simple lifestyle tips to prevent mould in your home.

There are 3 main principles in controlling this;

1. Keep your home dry and aired
 2. Keep the home clean and free from dust
 3. Eliminate dampness - Reduce activities that create high moisture and condensation that can be trapped inside the home
- Wet areas such as bathrooms and laundries create high moisture and condensation in the home therefore it's important to isolate these areas and ensure they are dried as quickly as possible after being used.
 - Regular cleaning, vacuuming and dusting helps to keep bacteria (and the ideal conditions for mould growth - mould's food supply) to a minimum. A clean dry home is less susceptible to mould. The regular use of quality cleaning/disinfectant products are recommended especially in wet areas, bathrooms, toilets, kitchens etc.
 - Clothes dryers often create vast amounts of excess condensation in the air. If not vented to outside the condensation created will increase mould growth throughout the home.
 - Drying washing inside on clothes racks evaporates the moisture from the clothing into the internal air and increases condensation issues which leads to mould growth.
 - In winter it's important to cross ventilate any dwelling regularly on DRY days, between 10 am and 2 pm. Cross ventilation is a successful drying process that is made possible by opening windows and/or doors in the middle of the day (can be extended during summer) on dry days and allowing air to flow through the home for at least an hour or longer if the weather is suitable. Just opening the windows at any time is NOT a solution there is a correct time to open up a home and during winter over ventilating at the wrong times of the day can have the opposite effect and make internal moisture levels increase.
 - Ceiling fans can also assist with drying condensation they keep air circulating which helps to dry out the condensation that was generated the night before.
 - Gas heating/cooking (Unflued) is said to be a 'wet' heat therefore can increase condensation/mould growth inside a home.

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- Electric heating is a type of dry heat and helps keep condensation/moisture levels low. By using this appliance for a short period on winter mornings in damp rooms (often those towards the most southern aspect) will help to reduce the overall internal condensation.
- The use of an air conditioner when used correctly reduces condensation.
- A dehumidifier (portable) may help to reduce condensation somewhat in small areas if it is used correctly.

Whenever condensation forms on the inside of glass windows and remains there after mid-day this is a sure sign that inside your home is just way too wet. There are lots of simple ways to control moisture the secret is living a little drier.

The use of mechanical ventilation devices is usually not an effective long-term solution as they do not solve the root cause. It is far better to rectify any issues and/or make lifestyle adjustments. Mould growth issues are simply the visual sign of too much moisture in the home. Once you understand the contributing factors, you can control mould growth inside the home.

If the mould situation in your home is becoming a serious ongoing issue even after following these tips you should contact your property manager. We can arrange for a full Mould Causation Report to assess all contributing factors as there are many reasons why mould can occur.



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