



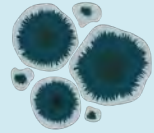
# Preventing damp and mould in your home

[www.cityoflondon.gov.uk/dampandmould](http://www.cityoflondon.gov.uk/dampandmould)

# Causes of damp and mould

According to a survey conducted by the Housing Ombudsman, the top three causes of damp and mould are:

- poor ventilation
- leaks
- structural problems
- condensation



It should be noted that these causes are often not mutually exclusive, and that some or all of the causes may be present in any particular case. Condensation is moisture caused by breathing, cooking, washing and drying clothes. It can also be caused by the design and construction of a building. Your home **should** be able to cope with normal levels of moisture without the need to open windows or buy dehumidifiers to reduce damp.

Rising damp occurs when a property doesn't have adequate damp proofing or there is a breach in the property's structure. It's caused by moisture rising up in walls. You can spot rising damp in your home by looking for tide marks or salt stains. This tends to rise around one metre from the ground.

Penetrating damp comes from issues on the exterior of a property, for example from its:

- roof
- brickwork
- pointing
- windows
- doors



Water can build up inside walls and cause damp and mould growth if a property isn't kept in good repair.

Penetrating damp can also be caused by internal issues, like when poor sealant around a shower tray allows water to leak into the surrounding walls and ceilings.

# Health risks

If you have damp and mould in your home, you're more likely to have respiratory problems, respiratory infections, allergies or asthma. Damp and mould can also affect the immune system.

Some people are more sensitive than others, including:

- babies and children
- older people
- those with existing skin problems, such as atopic eczema
- those with respiratory problems, such as allergies and asthma
- those with a weakened immune system, such as those having chemotherapy

## How does it affect your health?

Moulds produce allergens (substances that can cause an allergic reaction), irritants and, sometimes, toxic substances.

Inhaling or touching mould spores may cause an allergic reaction, such as sneezing, a runny nose, red eyes and skin rash. Moulds can also cause asthma attacks

Other effects may include:

- contributing to excess heat loss
- putting up heating bills
- damaging building fabric and contents, including clothes and furniture



## **What we will do for tenants in privately rented or social housing.**

**Tenants of the City of London Housing Service should visit here.**

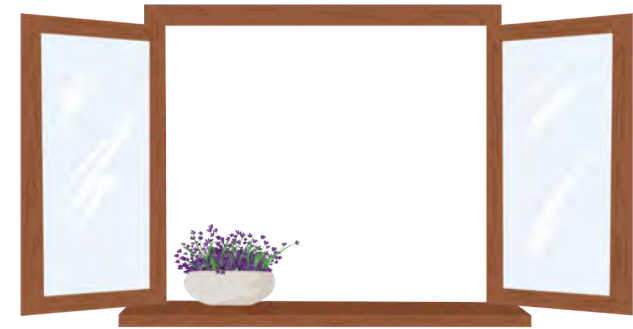
**[www.cityoflondon.gov.uk/dampandmould](http://www.cityoflondon.gov.uk/dampandmould)**

The first step you should do is look at the advice that is given here. If you are following the guidance and mould or damp persists or returns you should contact your landlord. In the event that your landlord does not address your concerns then please contact the Pollution Team [DES-EH-Pollution@cityoflondon.gov.uk](mailto:DES-EH-Pollution@cityoflondon.gov.uk) and we will investigate, advise and require your landlord to act. Check our website for images to help identify damp and mould in your home:  
**[www.cityoflondon.gov.uk/dampandmould](http://www.cityoflondon.gov.uk/dampandmould)**

# What residents can do to resolve damp and mould issues

## Minimise moisture in the air

- Cover pans when cooking and switch on extractor fans
- Dry washing on a clothes rack in the bathroom and open the window or put extractor fans on and close the door
- Wipe condensation off windows and windowsills
- If possible, move furniture away from walls and radiators to allow air to flow between them
- Wipe down walls and tiles after showers and baths
- Keep steam from kettles away from underneath cupboards
- Keeping heating on a low temperature for longer periods will help to heat your home more evenly and efficiently than turning on heating in short, hot blasts



## Let fresh air into your home

- Close kitchen and bathroom doors when cooking and using the bath or shower, even if you have an extractor fan
- Open windows when using a tumble dryer and make sure the hose goes outside if possible
- Clean vents and extractor fans regularly and make sure they are not blocked by furniture
- If you have trickle vents on your window frames, make sure they are open
- Open windows for 5-10 minutes when getting up, to let fresh air in and let warm moisture out

# Contact us

## Email

Pollution Team [DES-EH-Pollution@cityoflondon.gov.uk](mailto:DES-EH-Pollution@cityoflondon.gov.uk)

## Telephone

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