

Damp and Mould: Know the warning signs

It's important that you keep both yourself and your home safe by knowing the warning signs of damp and mould. If damp and mould is untreated, it can cause serious health consequences and cause long-term damage to your property.



SWINDON
BOROUGH COUNCIL

How to know if you have damp and mould

Damp and mould is pretty easy to spot and often looks like one of the below examples:



Condensation on windows



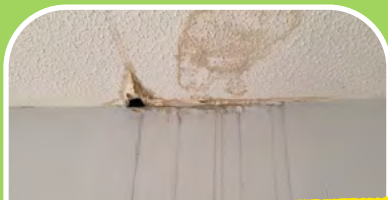
Dark mould around PVC or Windows



Mould at wall / floor junction



Mould on ceiling



Water at high level, showing in joints or openings

What causes black mould?

When there is a lot of moisture in your home, it can cause black mould to grow. This is most common in bathrooms and kitchens.

Mould typically grows on areas where condensation settles, mainly the cooler areas of a home, such as around windows or rooms we do not heat. It is also affected by air temperature, with warmer air being able to hold more moisture and why we can see more mould will grow in colder temperatures in the winter months.



Where does the moisture come from?

People and their activities are moisture sources. The average family can produce over 8 litres of moisture a day from household activities like doing laundry, preparing food in the kitchen, and taking hot showers.



What are the risks of damp and mould?

Just like bacteria, dust and general dirt, mould can cause harm if left untreated.

If you are exposed to it for a long time, mould can cause:

- Coughing
- Sneezing Itchy eyes, nose, or throat
- Nasal congestion

Just as importantly, living in a home with black mould can have a negative impact on many people's mental wellbeing. The health risks are reduced or eliminated as soon as mould is treated.

Report a problem

You can report a problem by searching '**treating damp and mould**' on the Council website.

You can also make a report through your online My Housing Tenancy account.

If you are a Swindon Borough Council housing tenant and you are affected by damp and mould, contact us on **01793 445500**.

How to manage damp and mould:

What Landlords can do	What tenants can do
<ul style="list-style-type: none"><input type="checkbox"/> Keep extractor fans in repair<input type="checkbox"/> Fix roof leaks<input type="checkbox"/> Fix plumbing leaks<input type="checkbox"/> Maintain drainage<input type="checkbox"/> Ensure that damp proof courses are not bridged<input type="checkbox"/> Keep external walls in repair<input type="checkbox"/> Keep windows in repair<input type="checkbox"/> Ensure trickle vents, wall and sub floor vents are functional<input type="checkbox"/> Keep heating in repair<input type="checkbox"/> Ensure loft spaces are evenly insulated, ideally to at least 270mm<input type="checkbox"/> Ensure that filled wall cavities are clear and dry<input type="checkbox"/> Ensure that properties are cleaned prior to letting<input type="checkbox"/> Treat any wet or dry rot	<ul style="list-style-type: none"><input type="checkbox"/> Open windows daily<input type="checkbox"/> Avoid drying washing indoors<input type="checkbox"/> Cover pans when cooking<input type="checkbox"/> Wipe moisture as soon as it appears on surfaces<input type="checkbox"/> Keep fans on & doors closed until moisture clears<input type="checkbox"/> Maintain internal humidity between 40 and 59%<input type="checkbox"/> Consider using a dehumidifier to help with high humidity<input type="checkbox"/> Avoid placing furniture along external walls<input type="checkbox"/> Keep window vents open<input type="checkbox"/> Cross-ventilate the home daily, for around 5-20mins<input type="checkbox"/> Keep rooms, wardrobes and cupboards uncluttered<input type="checkbox"/> Try to balance the heating throughout the day and night, around 18°C-21°C during the day and no less than 15°C at night<input type="checkbox"/> Remove things that moulds feed on by storing items in plastic boxes<input type="checkbox"/> Use a mould inhibitor when redecorating<input type="checkbox"/> Use a mould wash or spray as soon as mould appears

Struggling with heating costs?

Warm and Safe Wiltshire can help you to save money on your energy bills and to secure funding for heating and insulation improvements. Call them for free on **0800 038 5722**