

Tackling Mould & Condensation

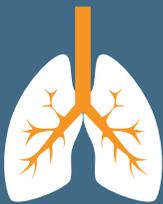
Condensation is especially common in winter and if not dealt with quickly can encourage mould growth, with around 70% of homes reported to have mould.¹ As well as being unsightly, mould can worsen indoor air quality and negatively impact the health of those living in your home. To prevent this, effective ventilation is required.

What is the impact of mould & condensation?

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



On average you are **19% more likely** to have a **skin or respiratory health condition** if you have mould in your home⁴



Damp and mould in the home is responsible for **2.2 million asthma cases** in Europe⁵



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



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 ventilation⁷



References:

1. H. Drah. Critical mould statistics we have to be aware of in 2021. *Comfy Living*. Accessed: November 2021. [https://comfyliving.net/mold-statistics/]. 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].