

# 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.<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?

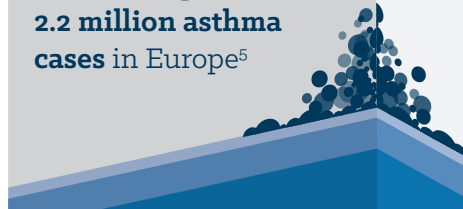
Mould releases **spores** which can produce allergens, irritants, and mycotoxins.<sup>2</sup> Exposure to mould spores in the home can **exacerbate eczema and asthma**<sup>3</sup>



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:

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