

## How to prevent mould and mildew

**You need to be aware that particular behaviours may create excessive mould, damp or insect activity. Keeping the property reasonably clean and tidy includes simple tasks like removing mould when it first appears and wiping condensation off windows.**

- Open windows and doors when you're home.
- Open windows and use extractor fans if they have been provided, so that steam can escape from cooking and bathing.
- Open curtains early in the morning and close them when the sun goes down.
- Keep lids on pots when cooking. Avoid pots or pans boiling longer or harder than necessary. Use a rangehood if it has been provided.
- Wipe condensation off walls and windows when it happens. If your windows start collecting too much condensation, open them a little wider.
- Hang washing outside to dry. Try to avoid drying clothes on racks indoors. Make sure that clothes-dryers are ventilated to the outside.
- Open windows and use an extractor fan when using a clothes drier so moisture can escape.
- Dry clothes and shoes before putting them away.
- Leave wardrobes slightly open for ventilation.
- Keep the shower curtain hanging inside the shower/bath so water doesn't drip on the floor, and wash the curtain every few weeks.
- Prevent steam from showers spreading through the house by keeping bathroom doors closed, and windows slightly open. Use an extraction fan if it has been provided.
- Use an electric heater rather than gas (gas heaters expel water as the gas burns). Avoid the use of LPG, kerosene and unflued gas heaters without proper ventilation.
- Pull beds and furniture away from the walls so they can breathe.
- Keep only a few plants inside.
- Keep the house warm and not too hot. Try to keep the indoor temperature at 5 degrees warmer than the outside temperature at all times.
- A little heating kept on continuously does more good than a lot of heating only during the evening.
- Provide permanent ventilation to wardrobes by leaving doors ajar or provide ventilation at the top and bottom of the door.
- Regular use of dehumidifiers rotated from room to room or permanent ventilation systems will help to reduce mould growth.
- Ensure vents don't become blocked if the property is fitted with heat pumps or similar heating systems.

## How to remove mould and mildew

**To protect your health and that of your household, remove mould as soon as it appears. There are some simple steps you can take to remove it.**

- You could use diluted household bleach (one part bleach with three parts water mixed together), or a less abrasive cleaner like cider vinegar. Your supermarket will have a range of eco-friendly cleaners available.
- Use a clean sponge or cloth when washing off mould and rinse it often to reduce the risk of it spreading. Wear gloves when washing it away.
- To clean mouldy grout dip an old toothbrush in vinegar and scrub the tile grout to remove mildew and mould and to prevent new growth.