

Given the right conditions condensation will form on any surface but is often more visible on windows.



If you start to notice mould spores starting to grow on windows, ceilings or walls, spray and wipe down with a mould prohibitor to stop the mould spreading **as soon as you notice it.**



**Remember...**

**Houses do not create moisture,  
human activity does.**



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### Useful Contacts

#### **Lochaber Citizens Advice Bureau:**

Dudley Road  
Fort William  
PH33 6JB  
Telephone: 01397 705311

#### **Shelterline:**

Free, impartial and independent  
housing advice  
Freephone: 0808 800 4444

#### **Welfare Support Team:**

Can help you apply for benefits  
Freephone: 0800 0901004

# Condensation Within Your Home

## What causes it and how to prevent it



**Your Voice  
approved**

## What is the cause of condensation?

Condensation is caused when moisture held in warm air meets a cold surface like a window or a wall and condenses into water droplets. If this happens on a regular basis, mould will start to grow.

This usually appears on cold outside walls and surfaces and in places where the air does not circulate well, in cupboards or corners of rooms. The moisture created can also damage clothing, furniture or fixtures and can leave a musty smell. During the winter and on colder mornings, you are likely to get a bead of condensation on your windows. All houses are affected by condensation at some time. It usually occurs when a lot of moisture and steam are produced.

### For example:

- ⇒ When cooking
- ⇒ Having a bath or shower
- ⇒ Drying washing within the property
- ⇒ Using a tumble dryer that is not properly vented to the outside
- ⇒ When the outside temperature drops causing the windows to mist up regardless whether it is raining or not
- ⇒ The use of portable paraffin/gas heaters.



These simple steps will help to prevent condensation occurring in your home :

- ⇒ Put lids on sauce pans when cooking
- ⇒ Dry clothes outside when possible. Try not to dry clothes within the property
- ⇒ If using a tumble dryer make sure it is properly vented to the outside
- ⇒ Put a small amount of cold water into the bath before running the hot water
- ⇒ Do not run your shower longer than needed
- ⇒ Close doors on kitchen and bathrooms and **always use** extractor fans
- ⇒ Wipe condensation from windows, particularly on cold days with a **dry cloth**
- ⇒ Ventilate your home as much as possible by opening windows and trickle vents
- ⇒ Keep furniture such as beds, wardrobes etc, clear of the room's external walls to let the air circulate
- ⇒ Make sure you are heating all rooms

By keeping your house warm this will cut down on condensation as moisture does not condense in warm air

A quick guide to demonstrate how much moisture can be created across the course of a day (based on an average house).

**Household activity average moisture content: 1 jug = 1 litre of water**

Sleeping  
(One Person)



Showers or baths



Washing clothes



Drying clothes  
(unvented)



Cooking



Washing dishes



Gas heater  
(unflued)



Fish tanks

