



STROUD  
DISTRICT  
COUNCIL



## YOUR GUIDE TO A HEALTHY HOME

# DRY, FRESH, SAFE

Your home should be a safe and comfortable place to live. Damp and mould can harm your health, damage belongings, and make your home feel unpleasant.

**The good news?** Most issues are easy to prevent. By keeping your home dry, fresh, and well ventilated, you'll protect your health, reduce repair costs, and create a better living environment.

**This guide shows you how.**



## CAUSES OF DAMP & MOULD

Damp & mould have many causes, but the most common is **condensation**. This happens when warm, moist air hits a cold surface and turns into water droplets. Over time, this moisture can create ideal conditions for mould to grow. Moisture often comes from everyday activities in the home.

Here are some common examples:



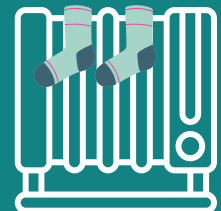
### Cooking & Steam

Boiling water and cooking releases a lot of water vapour into the air. Kitchens without extractor fans or open windows can quickly become humid, and this extra moisture often spreads to other rooms.



### Bathing & Showering

Hot baths and showers create steam that can linger without proper ventilation, allowing moisture to spread into other rooms and raise humidity.



### Drying Clothes Indoors

Radiators speed up evaporation from wet clothes, adding water to the air. This makes rooms feel damp and can increase the risk of mould.

# SPOTTING THE SIGNS

## Condensation Damp

**What it is:** Moist air inside settles on cold surfaces like windows and walls.

**Where it is:** Windows, corners of rooms, behind furniture.

**Signs:** Water droplets on windows, black mould spots, musty smell.

## Penetrating Damp

**What it is:** Rainwater gets in through walls or roof because of cracks or leaks.

**Where it is:** Walls or ceilings, often after heavy rain.

**Signs:** Damp patches, peeling paint, sometimes mould.



## Rising Damp

**What it is:** Moisture from the ground moves up through walls.

**Where it is:** Bottom of walls, usually on the ground floor.

**Signs:** Paint or plaster coming off, skirting boards becoming soft, white powdery marks (salt).

# SIMPLE STEPS TO PREVENT IT

Preventing damp & mould starts with reducing condensation. **Try these simple changes:**

## Ventilate Rooms

Open windows or use extractor fans when cooking, bathing, or drying clothes.

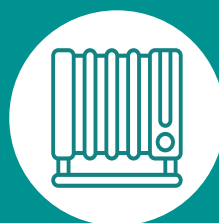


## Use Lids on Pans

Cover pots and pans while cooking to reduce steam

## Dry Clothes Outside

Whenever possible, dry clothes outdoors or use a vented tumble dryer.



## Keep Rooms Warm

Consistent heating prevents cold surfaces where condensation forms. Even a small temperature increase can make a big difference.

## Wipe Away Moisture

Wipe condensation from windows, tiles, and mirrors regularly. Removing moisture quickly helps prevent mould growth.



## CONTACTS

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