

# Fact Sheet

## COPING WITH HUMIDITY & CONDENSATION

### WHAT IS CONDENSATION?

There is always moisture in the air, even if you cannot see it. Condensation occurs when warm moist air hits cold surfaces, causing the air to condense and form droplets of water. Condensation can sometimes cause mould.

Condensation is noticeable on windows on cold mornings. It happens, even when the weather is dry, primarily between the months of May and August.



Condensation can cause mould in your home, especially around windows.

### WHAT CAUSES CONDENSATION?

There are three main causes of condensation:

- too much moisture in your home
- insufficient ventilation, and
- cool temperatures.

Everyday activities such as cooking, washing, drying clothes indoors, using portable gas and oil heaters, topping up fish tanks and so on, all add to the moisture already present in the air.

### HOW CAN I PREVENT CONDENSATION?

Ordinary daily activities can produce a lot of moisture quite quickly. Some steps you can take to reduce the level of moisture in your home include:

- opening windows to allow moist air to escape,
- covering boiling pans when cooking and using extractor fans if fitted,
- if you are running a bath, running cold water first reduces the amount of steam produced,
- do not dry clothes or towels on heaters,
- ensure that tumble dryers are vented to the outside,
- dry clothes outside where possible,
- have a quick shower to reduce the amount of

steam produced,

- close kitchen and bathroom doors to stop steam moving to other parts of your home,
- avoid using portable gas heaters as they can produce a litre of water for each litre of fuel used.

### INCREASE VENTILATION

Increasing ventilation will help prevent moist air from being trapped in your home and condensing on the windows, walls and ceilings. You can do the following things to reduce the amount of moisture trapped in your home:

- opening a window after bathing, showering or cooking,
- move furniture away from walls slightly to allow air to circulate behind them,
- provide ventilation at the point where moisture is produced if possible, for example, using extractor fans and cooking hoods to help remove the moisture,
- ensuring fans or vents are clear as they enable moisture to escape,
- wiping down windows or surfaces affected by condensation in the morning,
- do not dry the clothes on the radiators as this will only put the moisture back in the air,
- leave cupboard and wardrobe doors open periodically so that air can circulate,

- where possible try to position wardrobes, chairs and large items of furniture against internal walls.

### RAISE THE TEMPERATURE

The best way to heat your home is by maintaining a consistent level of temperature. This is because warmer air can hold more moisture, and as the temperature of the walls increases the possibility of condensation forming on them is reduced.

Condensation helps mould to grow your home, especially around windows.



#### NEED TO CONTACT HOMES NORTH?

Armidale  
(02) 6772 5133

Glen Innes  
(02) 6732 3652

Gunnedah  
(02) 6742 0363

Inverell  
(02) 6722 5137

Moree  
(02) 6752 4440

Tamworth  
(02) 6766 6897

Coledale  
(02) 6765 8879

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