

## Information for Patients and Carers

# Damp and Mould in the Home

Damp and mould in the home is common. It is mainly caused by moisture in the air. Sadly, it can harm children's health.

### Can anyone help me with this?

Yes! You can contact Citizen's Advice for help. They can explain your rights and how to talk to your landlord. They can help you whether it's a council, housing association or private landlord.

If your landlord won't help you, Manchester City Council can support you:

**Citizen's Advice Manchester**  
**0808 278 7800**  
[citizensadvicemanchester.org.uk](http://citizensadvicemanchester.org.uk)

**Manchester City Council**  
**0161 234 5004**  
[manchester.gov.uk/repairhelp](http://manchester.gov.uk/repairhelp)

**You can also ask your doctor to refer you to the Home Improvement Team whilst you are here today.**

### How can I clean mould safely?

- 1) Protect yourself. Wear gloves, goggles and a mask. Wipe off the mould with a damp cloth, then throw the cloth away.
- 2) Clean the area. Wipe down the affected areas with a Fungicidal (Mould-killing) or bleach cleaning product. Clean at least 1 metre around the mouldy patch
- 3) Re-paint with Fungicidal paint or wallpaper paste
- 4) Clean fabrics. Shampoo carpets and dry-clean affected clothes. Throw away soft furnishings (like cushions or curtains) if very mouldy
- 5) Repeat if needed. Do this again if the mould comes back.

Condensation is the most common cause of damp and mould. Moisture in the air soaks into cooler surfaces like walls. This makes it easy for black mould to grow.



## Did you know?

In England, almost 1 in 3 homes have damp and mould. It's more common in rented homes. Damp and mould cause thousands of cases of asthma and chest infections every year. It can also cause sore eyes, eczema and fungal skin infections. It can affect your mental health too. Babies, children and pregnant women are most at risk.

## How can I prevent mould and damp caused by condensation?

- Keep your home warm. Make sure your heating works. Use it in cold weather often, if you can afford to.
- Keep the warmth in. Insulate your loft and walls and use double glazing where possible. Block draughts around windows and doors.
- Let fresh air in. Keep windows open (on the latch for safety). This is most important when you have been cooking or using the bathroom. Close inside doors to stop steam from spreading.
- Use fans and vents. Turn on extractor fans and keep small vents (trickle vents) open.
- Move furniture away from the walls to help air flow around the room.
- Test for moisture. Use a humidity (moisture) meter to check which rooms need better airflow.
- Cover pots and pans when cooking to reduce steam.
- Try not to dry clothes indoors. If you do dry clothes indoors, first use the washing machine spin cycle twice. Put your clothes rack near an open window and close the inside doors.
- Don't use portable gas heaters indoors. These add a lot of moisture.
- Think about using a dehumidifier to help remove moisture from the air.

## There are other causes of damp and mould. Look for:

Rising Damp (moisture coming up from the ground). You'll see damp patches low down on the walls and on the ground floor. You may need to get the damp-proofing done again.

Penetrating Damp (caused by problems like a leaky roof or leaky pipes). Check the home for leaks and make sure water can't get in. After fixing the leak, the damp area should dry out.

