Happy Energy



DAMP & MOULD

A Guide to Healthy, Comfortable Homes

Are You Suffering from Damp and Mould in Your Home?

Damp and mould are more than just an eyesore — **they can be especially harmful to young children**. Exposure can lead to allergies, breathing problems, and can make conditions like asthma worse. Left untreated, damp and mould can also damage your home, affect air quality, and make rooms feel cold and uncomfortable.

The good news? **There are simple steps you can take right now.**

By following the advice in this guide — from preventing moisture build-up to cleaning mould safely and reporting it early — you can protect your household's health and stop problems from getting worse.

WHY DAMP & MOULD MATTERS

Damp and mould aren't just a cosmetic issue —they can harm your health and your home. Damp conditions create the perfect environment for mould spores and dust mites, which can trigger asthma, allergies, and other breathing problems. By improving ventilation, heating properly, and following a few simple steps, you can keep your home warmer, drier, and healthier.

What Causes Damp and Mould?

Most damp and mould problems start when moisture builds up faster than it can escape. The main types include:

Condensation Damp

Caused when warm, moist air from cooking, bathing, or drying clothes meets cold surfaces.

What to look for: water droplets on windows, peeling or bubbling paint, black mould around window frames, ceilings, or behind furniture.

Rising Damp

Occurs when moisture rises from the ground into walls or floors.

What to look for: damp or cold walls at low level, bubbling paint or warped skirting boards, damp smells, puddling close to external walls after rain.

Penetrating Damp

Happens when water gets in from outside due to building defects.

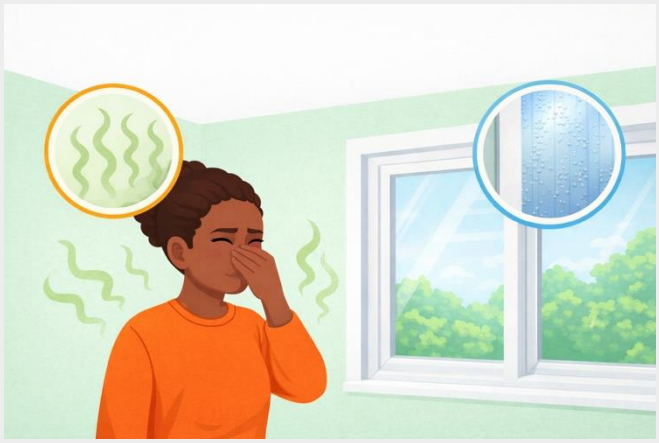
What to look for: overflowing gutters when it rains, cracks or gaps in brickwork, missing or loose roof tiles, water stains on internal walls or ceilings.

SPOT THE WARNING SIGNS

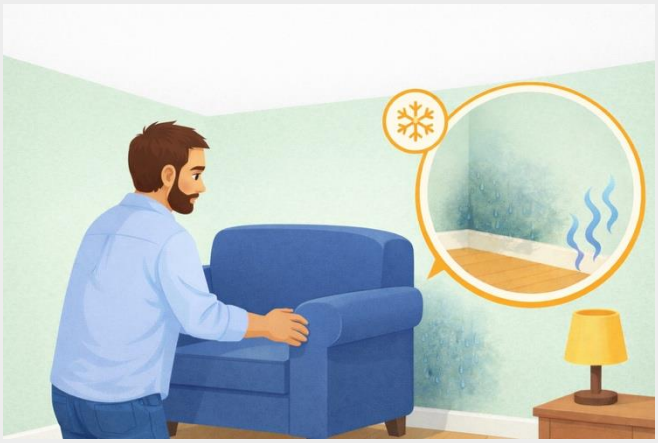
Spotting the early signs of **damp and mould** can help stop small issues becoming bigger problems. Acting early protects your health, keeps your home comfortable, and makes problems quicker and easier to fix.



Black mould on walls, ceilings, or windowsills



Musty smells or persistent condensation



Cold or damp patches behind furniture



Peeling wallpaper or bubbling paint

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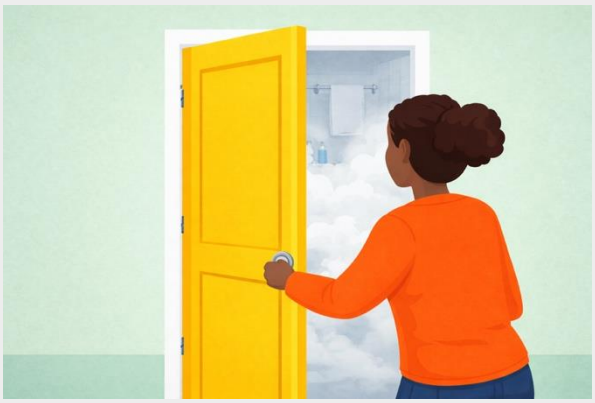
PREVENT DAMP & MOULD

Follow these easy habits to reduce moisture and maintain a healthy home:

Trap steam at the source:



Always use extractor fans when cooking or bathing, leaving them on until surfaces are dry



Keep doors closed while cooking or showering to trap steam



Wipe down wet surfaces to reduce mould



Use pan lids when cooking to reduce steam

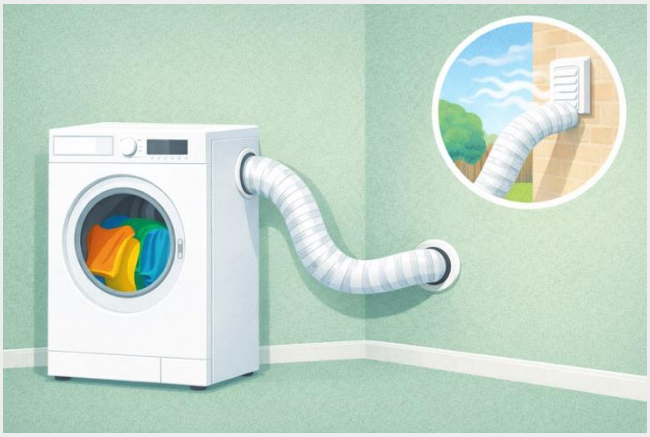
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Dry clothes properly:



Avoid drying clothes indoors or on radiators



If using a clothes dryer, make sure it is vented outside



Never store damp clothes in cupboards or against walls



If drying indoors, open a window or use an extractor fan until moisture clears

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Keep your home warm and well ventilated:



Maintain a steady temperature between 18–21°C



Use your heating controls efficiently to avoid cold spots where condensation can form



Don't block air vents or cover radiators

Ditch portable gas heaters:

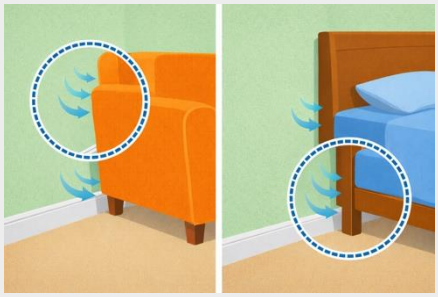


They add unwanted moisture to the air and can make condensation worse

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Encourage good airflow:



Leave small gaps behind large furniture so air can circulate



Use trickle vents and keep them slightly open, even in cooler weather



Make use of door undercuts to help air move freely between rooms



Open windows briefly each day and internal doors occasionally to balance airflow



Use a low-cost humidity meter and aim to keep levels between 40–60%*

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*regularly above 60% may indicate a problem

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Clean early signs of mould:



Ensure you wear gloves and eye protection during cleaning



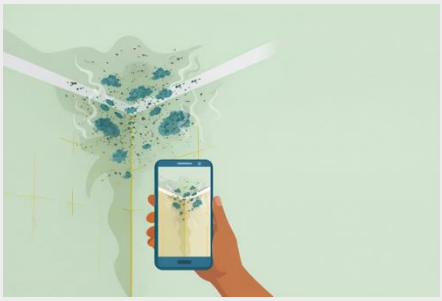
Keep windows open or an extractor fan on during and after cleaning



Wipe affected areas with a mild detergent, diluted bleach, or a mould cleaner*



Allow the area to fully dry and monitor it before repainting with anti-mould paint



If mould returns, it should be reported to your landlord, housing provider or damp specialist

Images generated by ChatGPT 5.2 2026 *Never mix products

AWAAB'S LAW: WHAT IT MEANS TO YOU

Awaab's Law is a new UK housing safety law created in response to the tragic death of two-year-old **Awaab Ishak**, who lost his life from prolonged exposure to mould in his home. It aims to make sure **damp, mould, and other hazards are fixed quickly** so people can live in safe, healthy homes.

For Social Housing Landlords

- Must investigate and fix serious hazards, like damp and mould, within strict legal timeframes.
- If a home cannot be made safe in time, temporary alternative accommodation may be required.
- Landlords must communicate clearly and in writing about what they find and what action they will take.

For Residents and Tenants

- You have the right to **report damp and mould** and expect timely action.
- If problems are not dealt with properly, you can **raise a complaint and escalate it further if needed**.
- You should not be treated unfairly for reporting health and safety concerns.

For Private Landlords and Owner Occupiers

- While Awaab's Law currently applies to **social housing**, similar standards are expected to extend to the **private rented sector**.
- Addressing damp and mould promptly helps protect health, prevent damage, and reduce the risk of enforcement or legal action.

To find out more, including full guidance and responsibilities, visit the UK Government website: **www.gov.uk**

Need More Help?

If you notice damp, mould, leaks, or damage in your home—or think your ventilation isn't working properly—contact your landlord, housing provider, or a qualified contractor. They'll inspect the issue and arrange the right solution.

For more advice on managing moisture and heating efficiently, visit **gov.uk**, **NHS.uk**, or speak to your **local council's Environmental Health team**.

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HEAT Project

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