

Healthy Homes Damp & Mould Checklist

WHAT CAUSES DAMP AND MOULD?

Damp and mould are caused by excess moisture, often from condensation when moist air meets cold surfaces like walls or windows. Everyday activities like showering, cooking, drying laundry and even breathing can contribute to this moisture. Damp can also result from leaks, damaged window frames, roof tiles, plumbing issues, or rising water.

HOW CAN DAMP AND MOULD AFFECT HEALTH?

Damp and mould can affect health in many ways:

- It can cause coughing, wheezing or shortness of breath.
- It can make respiratory conditions such as bronchitis, asthma, and chronic obstructive pulmonary disease (COPD) worse.
- It can make skin conditions such as eczema, itchy skin, or rashes worse.
- It can impact mental health and depression.

WHO IS MOST SENSITIVE TO THE EFFECTS OF DAMP AND MOULD?

- People with lung conditions such as asthma, COPD, or cystic fibrosis.
- People with cardiovascular disease.
- People with a weakened immune system, such as people with cancer undergoing chemotherapy, people who have had a transplant, or those taking medications to suppress the immune system.
- People who spend more time at home, such as young children or older people, who can spend up to 90% of their time indoors.
- Pregnant women and their unborn babies are also at risk.

SPOTTING DAMP AND MOULD

- ☐ Does your wall feel damp when you touch it?
- ☐ Does your paint or wallpaper peel or become crumbly when you touch it?
- ☐ Do you have black mould? Damp can cause spores of black mould to form on walls, ceilings, furniture and around window frames and doors.
- ☐ Check behind furniture for signs of condensation.

HELP AND SUPPORT

If you're experiencing problems with damp and mould in your home, support and advice is available.



Scan the QR code or visit:

www.yourlifedoncaster.co.uk/healthy-homes-damp-and-mould

VENTILATION TIPS

Here are some practical steps to try to reduce condensation in the home:

- ☐ When cooking, keep lids on pots, close doors, and open windows to reduce moisture and improve ventilation.
- ☐ When showering, keep bathroom doors closed, open windows, and use extractor fans or trickle vents. Leave windows open for 30 minutes after showering.
- ☐ Dry clothes outside when possible; if drying indoors, keep the door closed and a window open.
- ☐ Check behind furniture for damp or mould, as furniture against walls can cause damp.
- ☐ Leave a gap between walls and furniture to allow airflow and reduce moisture build up.
- ☐ Maintain a temperature between 18-21°C and use heating controls to manage costs.

