

# Using your hygrometer to help manage moisture in your house

The hygrometer is a useful tool designed to show how much moisture there is inside your home and how warm or cold your property is. Understanding these things can help you take action to reduce condensation, which can lead to mould.

## Your hygrometer

### Thermometer dial

Shows you the temperature in your home.

### Humidity dial

Shows you the amount of water that is in the air. The higher the reading, the more moisture is in the air.



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# Your hygrometer



## Condensation

### *What is condensation and how can it lead to mould?*

Condensation forms when moisture in the air settles as water droplets on colder surfaces like a window or wall, or in parts of the home with little space for the air to circulate, for example behind furniture.

All homes get condensation, and it is not a problem when it is cleared up quickly. It can be wiped away with a towel and opening a window in a room for 15 minutes is helpful for ventilation.

Problems begin when water is left on a surface for long enough to start causing damage or mould to grow.

### *Why do you get condensation in the home?*

- Everyday activities such as showering, cooking and drying clothes indoors can lead to high amounts of moisture
- Not enough ventilation to help air circulate
- Cool temperatures (below 18°C)

## Tips to reduce condensation in your home



Keep your home heated to a temperature of at least 18°C. Different heating systems work in different ways so make sure you know how to use your system effectively.



If you have a whole house mechanical ventilation system, then make sure you know how to use and maintain it correctly so that it works effectively. These systems need regular servicing and filter changes.



Heat as many rooms in your home as you can. This will increase the whole house temperature and make condensation less likely.



Clean out extract fans and ventilation vents so they do not become blocked with dirt and fluff as this stops them working effectively.



Use thermal or lined curtains. Keep them open during the day and close them before dusk. This will capture free heat from the sun.



Move furniture away from walls so that air can circulate.



Improve loft and wall insulation. If your walls and ceilings are insulated, they are warmer and condensation is less likely to form on them. Insulation also stops heat escaping.



Open windows regularly - especially when cooking, washing or drying clothes.

It is best to open a few windows throughout the whole house to help air move through your home rather than opening one window wide.



For low level background ventilation, leave window trickle vents open or use the background latch facility if you have these.





Where possible dry your clothes outdoors. If you do have to dry clothes indoors, use a clothes rack and keep the room ventilated. Avoid drying clothes on radiators as this releases a lot of moisture into the air quickly making condensation more likely. If you use a tumble drier make sure that it is vented to the outside or is a condensing type.



Put lids on your pots and pans when you cook. This will also help reduce energy costs as your food will cook faster.



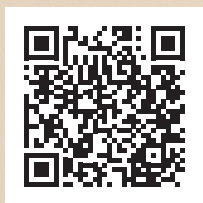
When bathing, showering or cooking keep the doors to the bathroom and kitchen closed, and afterwards too. If there are extract fans, then make sure you switch them on. Otherwise open the windows.



Use a cloth to wipe down condensation that forms on windows, then open the window for about 15 minutes afterwards. If you don't the moisture will collect on the frame and can cause damage. The moisture may also evaporate again during the day, raising humidity levels which makes condensation worse when the room cools down.

## If you need any further advice on damp and mould

Scan the QR code below or contact our Customer Service Team on: **01923 226 400**



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