

Damp and mould, what you need to know



Mould growth conditions

It can grow on walls, on ceiling tiles and in other areas. If the temperature in your home is in the range of 20°C to 30°C (68°F to 86°F) and/or humidity is above 60%, condensation can form on surfaces. This creates the perfect environment for mould growth.

The following tips can help prevent a mould infestation in your home:

- Contact Coastline quickly to arrange a repair if there are leaks in walls, roofs, gutters, and plumbing pipes to help reduce moisture problems.
- Avoid high humidity by opening windows and internal doors, ventilating your home as much as possible in dry weather. In wet/damp weather, close your windows but keep trickle vents open.
- Prevent condensation in your home by reducing humidity and adjusting the thermostat to keep your home warm. Remember that some areas of your home might be more likely to create mould, such as kitchens and bathrooms.

How it affects people

Exposure to damp and mouldy environments may cause a variety of health effects, or none at all.

Some people are sensitive to moulds, leading to symptoms such as a stuffy nose, wheezing, and red or itchy eyes or skin. Some people, such as those with allergies to moulds or with asthma, may have more intense reactions. Severe reactions may include fever and shortness of breath.

How to tell if you have a problem

Musty smell

Mould can cause a musty odour. Since mould can hide in unseen areas of a home, that smell may often be the only clue of mould growth. Take action immediately as soon as you sense the musty odour because the longer you wait, the worse the problem can become.

Visible signs of mould

Bathrooms and kitchens are some of the most common places in a home where mould can grow due to being moisture creating environments, so it's really important to check around those rooms more often.



Mould exposure symptoms

Although mould may not be visible in a home, the presence of mould can often be felt through several symptoms, as described in the 'how it affects people' section.



Water problems

Areas with high humidity levels and condensation problems, like we have in Cornwall, are prone to mould growth.

True or false..?

Repeated exposure to mould will make me sick.

False: Not everyone is affected when exposed to mould, but all moulds can cause health related illness especially among people who have respiratory issues.

There should be no mould in my home.

False: Mould spores are present everywhere. The air you are breathing contains them so completely eliminating spores is impossible.



Using bleach is a good way to kill mould.

False: Bleach does not kill mould or mould spores. It only discolours it and the mould will return. Cleaning and maintaining surfaces using a mould treatment product is effective in stopping mould from becoming an issue.

Extractor fans help keep humidity low and are an effective way to limit growth. Please check your fans are working, and call Coastline if you think they might be faulty.

You shouldn't worry about a small spot of mould in your home.

False: A mould problem can become a bigger issue if it is not dealt with.

You can clean up mould yourself.

True: Cleaning and maintaining surfaces using a mould treatment product will be effective in stopping mould from becoming an issue.

Once the mould is gone, it won't come back.

False: Removing mould is part of the solution but resolving the cause is also needed.

Contact Coastline if there is damp and mould problem in your home.
We treat all reports of damp and mould seriously.

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