

# tec the Environment Centre (tec)

## Preventing condensation

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Condensation happens when moisture in the air touches a cold surface. A surface that is damp with condensation is a breeding ground for mould. Spores from the mould can get into the air and be breathed in, which can be bad for your health.



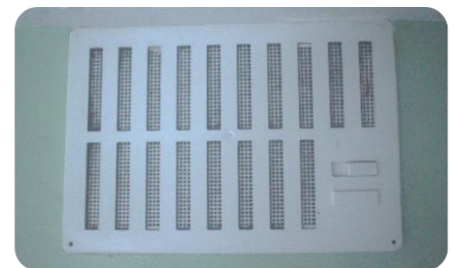
Tackle condensation and mould at their source by following the '**HIVE**' checklist:



**H** Heating: is your heating adequate? Warmer rooms are less likely to get condensation.



**I** nsulation: insulated walls are warmer, so moisture is less likely to condense on them. Contact us for advice on wall insulation.



**V** entilation: ventilation at the right time and in the right place can help moisture-laden air escape from your home. Less moisture = less condensation.

**E** xcess moisture: reduce how much moisture gets into the air in the first place. Close bathroom/kitchen doors and open windows when in use, try not to dry clothes inside, and keep lids on cooking pans.



**Call 0800 804 8601 for free, independent and local advice**