



How to deal with condensation and mould



Easy read booklet



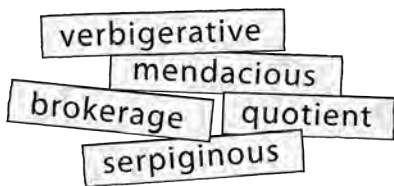
This is an Easy Read version of some information. It has words and pictures.



You might want help to read this booklet. You can ask someone to help you.

words

Some words in this booklet are **black and bold**. This means we think they are difficult words.



We explain what **black and bold** words mean in a box like this.



Some words in this booklet are **bright blue and bold**. These are links to websites or email addresses. You can click on these links on a computer.

Who we are



We are a **charity** called **National Energy Action**.



A **charity** is an organisation set up to help people.



We want to help stop **fuel poverty** in England and Wales.



Fuel poverty is when people do not have enough money to use the right amount of energy to stay warm and healthy in their own homes.



When fuel poverty happens, people might not be able to pay their energy bills. This can mean people get into **debt**.



Debt is when you owe money for something.



To help fight fuel poverty, we

- give advice and support to people about energy bills
- do work to protect **vulnerable** people
- give training to other organisations so they can support people better.



Vulnerable means people most likely to be affected by fuel poverty, like older people or people with disabilities.



What this booklet tells you about

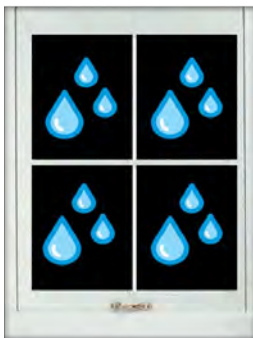


This booklet tells you information about how to deal with **condensation** and **mould**.



Condensation happens when warm, **moist** air hits something cold, like a window or an outside wall.

Moist means a bit wet.



The cold surface makes the air cool down and turn into drops of water.



Too much condensation can become a damp problem.



Mould is a type of fungus that can grow in damp places.



If condensation is left on walls, it can become a type of mould called **black mould**.

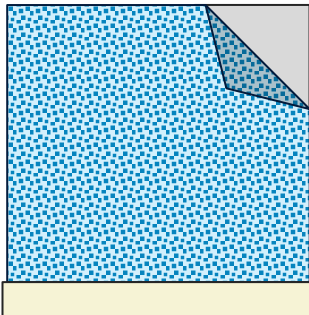


Black mould can give you bad health problems. It looks and smells bad and it can damage clothes, furniture and books.

How to know if there is too much condensation in your home



If walls and surfaces in your home are wet and cold, it is likely to be because of condensation.



There might be places where your wallpaper is coming off because of damp walls.



And there might be areas on your walls covered in little black spots.



These spots are black mould.

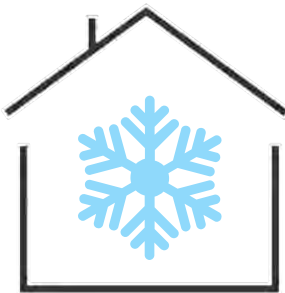


Some parts of your home are more likely to have condensation than other parts.

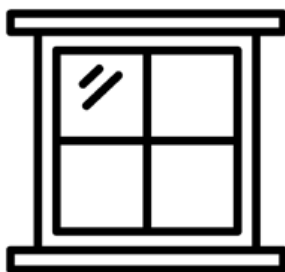
You are more likely to have condensation



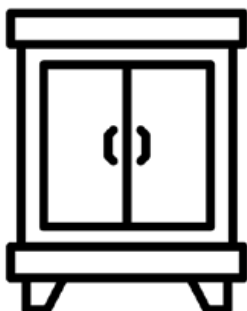
- in rooms with a lot of steam, like kitchens and bathrooms



- on walls in cold rooms, in corners of rooms and behind furniture



- on cold surfaces, like mirrors, windows and window frames



- inside small spaces, like wardrobes and cupboards.



There are other damp problems that can happen in homes, like problems called **rising damp** or **penetrating damp**.



These problems happen because there is something wrong with the building.



Condensation does not happen because there is something wrong with the building.



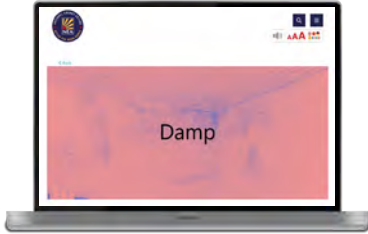
This means there are small changes you can make to **reduce** condensation in your home.



Reduce means make something smaller so there is less of it.



We tell you about changes you can make to reduce condensation in your home in the next part of this booklet.



To find out more about other types of damp problems, go to this website

www.nea.org.uk/get-help/resources/damp.

Use H.I.V.E to reduce condensation



To help you reduce condensation in your home, you can use advice called **H.I.V.E.**

Heating

Each letter in H.I.V.E. is short for something.



We tell you what each letter means on **pages 11 to 15** of this booklet.



H.I.V.E. is an easy way to remember ways to reduce condensation.

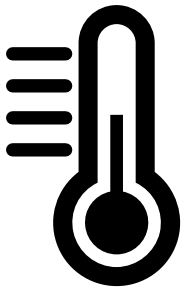


H is for **Heating**

To reduce condensation, try to keep rooms you are using at a **temperature** of 18°C or more.



Temperature means how hot or cold something is.

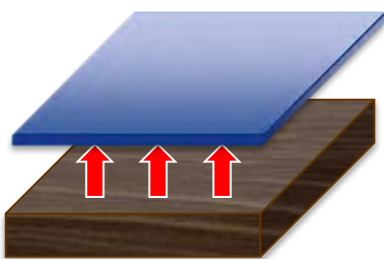


°C is the symbol for a way to measure temperature called **degrees Celsius**.

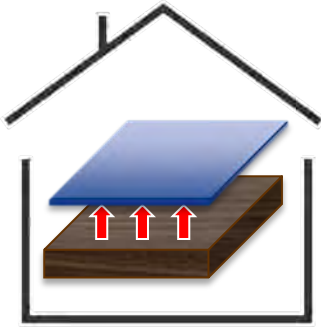


I is for **Insulation**

Good **insulation** can make it cheaper and easier to keep your home warm.



Insulation is when you use a material to protect something so that things like heat cannot escape.

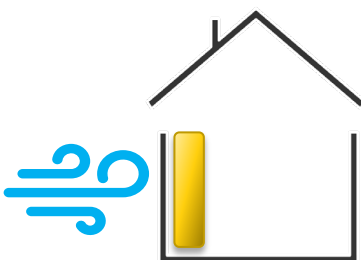


You can use insulation to stop heat escaping through walls, ceilings and windows in your home.



To have better insulation in your home, you can

- have a thick extra layer called **underlay** under your carpets
- use thick, heavy curtains in the winter
- use a special paper called **thermal lining paper** under your wallpaper
- use **draught excluders** around your windows and doors.



Draughts are cold bursts of air in places you do not want them.

Draught excluders are items that block gaps around doors and windows to stop draughts coming in.



You can also choose to get insulation for your walls and your loft, if you have one. You might be able to get money to help with this.



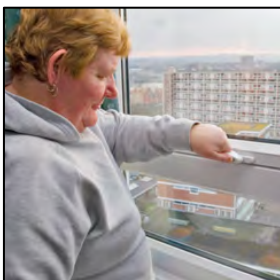
To find out more, go to this website

www.gov.uk/government/collections/find-energy-grants-for-you-home-help-to-heat.



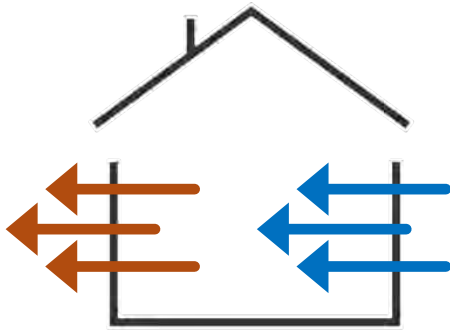
V is for **Ventilation**

Good **ventilation** can reduce condensation in your home.

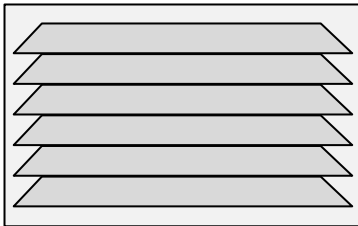


Ventilation means how fresh air is let into a building and **stale** air is let out.

Stale means air that is old and not fresh anymore.

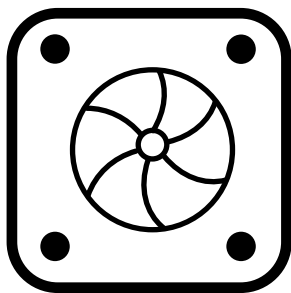
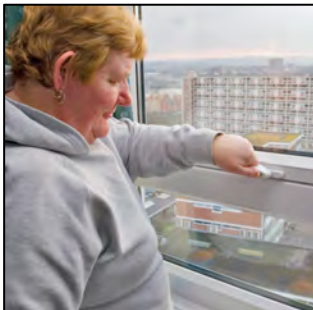


If you have good ventilation in your home, it means moist air will flow out of the building and fresh air will flow in.



To have better ventilation in your home, you can

- make sure spaces where air can flow in and out, like vents, are not covered or blocked
- open your windows to let fresh air in
- use an **extractor fan**.

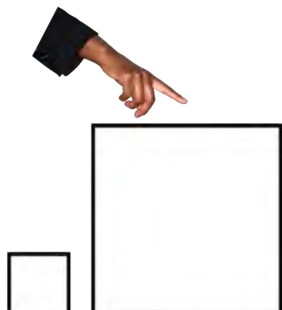


An **extractor fan** is a machine that takes damp or stale air out of a room so that fresh air can flow in. Extractor fans are put into your home by electricians.



E is for (reduce) Excess moisture

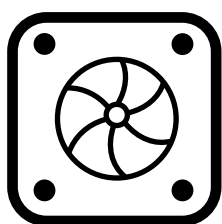
To reduce condensation in your home, you can do different things to reduce **excess moisture**.



Excess means more than you need of something.



Moisture is small drops of a liquid, like water, in the air or on a surface.



To reduce excess moisture in your home, you can

- use an extractor fan when you cook or have a shower
- put lids on pots and pans when you cook
- dry clothes outside.





You can also use a **dehumidifier** in rooms where condensation happens, or rooms you dry clothes in.



A **dehumidifier** is a machine that takes moisture out of the air. You can move a dehumidifier around your home.



If you **rent** your home and you have used H.I.V.E but you still have condensation or damp problems, talk to your **landlord**.



Rent is money you pay to live in your home.

Your **landlord** is the person or company you pay rent to.

How to deal with black mould



If you have black mould in your home, you can wipe it away using a special spray that removes mould.

Read the instructions for the spray before you use it.



There are special paints you can buy that protect against mould.

If you use these paints, it might help to slow down how quickly mould comes back.



The best way to stop mould coming back is to reduce condensation in your home.

Top tips to reduce condensation



Top tips are useful bits of advice that are easy to follow.



- ✓ Try to have your windows open for at least ten minutes every day.



- ✓ When you cook or have a shower, open the window and close the door of the room you are in. Use an extractor fan if you have one.



Try to leave the window open or the extractor fan on for about 20 minutes after you finish.



- ✓ Try to have a space between furniture and walls so that air can flow through.



- ✓ If your windows, mirrors, tiles or shower doors have moisture on them, wipe the moisture off.



- ✓ When you are cooking, keep lids on your pots and pans.



- ✓ When you boil a kettle, only boil as much water as you need.



- ✓ When you have a shower, use cooler water and stay in the shower for a shorter time.



- ✓ When you run a bath, put cold water in first.

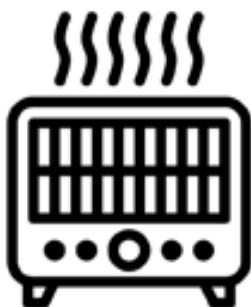


- ✓ Do not dry wet clothes on radiators.



- ✓ If you dry clothes inside, put them in a room where you can open the window and close the door.

Use a dehumidifier, if you have one.



- ✓ Try not to use LPG heaters or bottled gas heaters.

These types of heaters make a lot of moisture.

National Energy Action's Energy Advice and Support Service



Our **Energy Advice and Support Service** is a free service set up to help people with energy bill problems.



The service can give you advice about

- your energy bills
- how to keep warm in your home
- benefits you might be able to get.



To contact our Energy Advice and Support Service,

- call this number
0800 304 7159
- or go to this website
www.nea.org.uk/get-help.

About National Energy Action's website



You can

- read our website in more than 160 different languages
- ask our website to read the words aloud in more than 100 different languages
- change the way our website looks to make it easier to read if you have certain conditions, like ADHD and dyslexia, or if you have problems with your eyesight.

About this booklet



This booklet was written by National Energy Action in **April 2025**.



National Energy Action

Our website is www.nea.org.uk.

Our charity registration number is **290511**.

Thank you to A2i for the words
www.a2i.co.uk (reference **42592d**)