

# Damp, Mouldy and Cold Home?

You can do something about it – live smarter.



## What causes damp?

Damp happens when moisture from showers, cooking, or leaks builds up and can't escape - usually because the place isn't warm or ventilated enough.

## What can I do?

Cold, damp homes can affect your health. Try these quick, low-cost tips to reduce condensation and prevent mould.

## Heat Smart

- Keep rooms at 18-21°C if you can – too cold can cause damp
- Don't heat just one room – spread warmth evenly
- Avoid using portable gas heaters (they create moisture and are a carbon monoxide risk). Electric plug-in heaters are safer if you need extra heat



## Vent Daily

- Open a small window or built in vent (above the frame)
- Use extractor fans when cooking or bathing
- Leave gaps behind furniture to help airflow

## Cut Moisture

- Dry clothes outside or near open windows - drying clothes inside without proper ventilation is a major cause of moisture
- Keep pan lids on when cooking
- Vent tumble dryers properly
- Clean mould safely and wear gloves
  - Use fungicidal wash or diluted bleach
  - Never brush or vacuum mould as this spreads spores
- Use mould-resistant paint when redecorating



Bath & North East  
Somerset Council

Improving People's Lives

# Need help?

Many students face damp, mouldy or cold homes - you're not alone. Support is free, friendly and easy to access.

## Energy Advice Line

Call 0800 038 5680 for free, impartial guidance on heating, bills and damp.

## Community Wellbeing Hub

Call **0300 247 0050** for local advice, referrals and energy support including other health and wellbeing support.

[communitywellbeinghub.co.uk](http://communitywellbeinghub.co.uk)

## Still having issues after 6 weeks?

Speak to your landlord or letting agent. By law, landlords must fix damp and mould caused by leaks, damage, or faulty heating and ventilation to keep your home safe and healthy. They should also check your heating system and make sure your home meets the Minimum Energy Efficiency Standard (EPC rating E or above).

## Find everything you need at:

[www.bathnes.gov.uk/damp-mould-and-cold-homes](http://www.bathnes.gov.uk/damp-mould-and-cold-homes)

Share this flyer with housemates - everyone's actions affect damp and mould and everyone benefits when the whole home is warm and dry.



## Carbon Monoxide Warning

Test your alarm regularly. Faulty gas appliances can be deadly.

People who cannot access this document in its original format are entitled to receive it in an alternative format such as Easy Read, large print, translated language or an audio recording. It can also be emailed as a Microsoft document.

Contact: [public\\_health@bathnes.gov.uk](mailto:public_health@bathnes.gov.uk)