

WHAT YOU CAN DO AGAINST MOULD IN YOUR HOME

THIS LEAFLET WILL TELL YOU MORE



When you think about health, exercise and a healthy diet are often the first things that come to mind. But a healthy home is important too. Mould can form when your home gets too humid. Lots of people don't know how to prevent or deal with this. This leaflet tells you what you can do against damp and mould.

How mould develops

Mould is a common problem in homes. It occurs when your home is too humid. Many residents don't know how to prevent and deal with this.

The perfect humidity level for your home is between 40-60%

Air that is too humid or too dry does not feel comfortable at certain temperatures. It can also cause health problems. The local DIY store will sell an affordable humidity meter

to check the humidity level in your home. That way, you'll know when to open another window or ventilate your home.

Get rid of mould!

Have you got mould in your home? Black, grey or brown spots on walls or wood are the usual telltale signs. Sometimes, they can be a different colour. Mould can cause health problems, such as a sore throat, sneezing and coughing, a stuffy nose, wheezing or shortness of breath.

WHAT CAN YOU DO TO PREVENT MOULD?



Mould forms when your home gets too humid. Cooking, showering, cleaning, doing laundry and having lots of people in your home all cause high levels of humidity. Here's how to lower the humidity level in your home:



1

- ✖ **Hang a shower curtain.**
- ✖ **After showering, dry the shower with a squeegee.**
- ✖ **Open a window after showering (for no more than half an hour) or switch the fan on with the door closed or a jar.**

If you have a windowless bathroom, don't close the door all the way after showering. Make sure that the adjoining room/hallway is not too cold. If it is, any moisture will settle as condensation on the walls there.



2

Hang your laundry outside to dry. If that's not possible and you use a tumble dryer, make sure to use a dryer with an outlet to the outside. Open a window if you can or set the extractor fan at its highest setting.



3

When you start cooking, always switch on the extractor hood at the highest setting. Opening a kitchen window will also help. Keep the lid on the pan as much as possible.

MAKE SURE MOISTURE CAN ESCAPE



1

If you have vents in your windows, make sure these are never fully closed. If you don't have vents, have a window slightly ajar in every room. In newer homes, you may have air coming in through wall vents. If so, you won't have any vents in your windows. Keep the space around these vents free, even if you feel a draught. When you clean these vents, put them back in the same place.



2

Open windows at opposite sides of your home every day. Make sure to open a window in the bedroom for fifteen minutes every morning. If there is any condensation on the windows, make sure the frames are dry to prevent any mould from forming.



3

Set the mechanical ventilation to the highest setting or open a window. Make sure to do so when you are doing laundry, cooking, DIY'ing, showering or when you have lots of people in your home.

PLEASE NOTE:
IF IT'S COLD OUTSIDE, DO NOT VENTILATE FOR TOO LONG. IF YOUR HOME COOLS DOWN TOO MUCH, MOULD CAN DEVELOP. A CO2 METER LETS YOU KNOW WHEN YOU CAN CLOSE THE WINDOWS AGAIN.

HEAT YOUR HOME

Mould is more likely to develop in a cold house.
For that reason, make sure your home doesn't get too cold:



1

Set the heating to 19°C or higher during the day. Make sure to properly ventilate your home beforehand, as dry air heats up quicker than damp air.



2

Never switch off the heating completely! It takes more energy to heat up a room once it has gone completely cold. Never switch off the underfloor heating, as it will take a very long time to bring your home back up to temperature using this system. It's best to keep underfloor heating at a constant temperature. Only switch it off if you're away from home for longer periods, such as when you're on holiday.



3

Make sure the curtains don't sit against the radiator or wall. If so, not enough fresh air will get in behind, and that will cause mould. It is better not to place furniture against radiators either.



DEALING WITH MOULD

If you have mould spots in your living room or bedroom, it's best to remove them. Here's how to do so:



1

Open the windows.



2

Brush the mould off using water and washing soda.

Do so using a bucket or spray bottle containing 2/3 washing soda and 1/3 lukewarm water.



3

You can also use a mould remover.

Wear a facemask while using this and read the instructions on the bottle.

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WANT MORE TIPS TO PREVENT MOULD?

→ **YOU CAN FIND SOME
GREAT TIPS ON**

[www.woonbedrijf.com/
vocht-en-schimmel-in-
je-woning](http://www.woonbedrijf.com/vocht-en-schimmel-in-je-woning)

→ **LOOKING FOR A
SIMPLE
EXPLANATION?**

Take a look at
www.wonen.steffie.nl



If you've applied the tips in this leaflet for two months and you still have mould in your home, something else might be going on.



Contact

Got a question or want to contact Woonbedrijf?
Simply fill in the contact form on
www.woonbedrijf.com. Or call us on 040 243 43 43.

**DID YOU
KNOW...**

**THAT DRY AIR HEATS UP
QUICKER THAN
HUMID AIR?
HUMID AIR TAKES LONGER
TO GET WARM.**

