

# How to make your home less damp from the inside

Dampness comes into your home:

- from inside your home, e.g. dripping taps
- from the things you do in the house, e.g. cooking or drying clothes.

Dampness and mould are bad for your health. Damp conditions mean more colds and flu, especially for young children or older people. Mould likes to grow in houses that are damp and cold. Mould irritates asthma and allergies, and makes respiratory illnesses worse.

## Here's what you can do inside your house:

### DO

- **Showers release a half litre of moisture every 10 minutes.**
  - Use extractor fans
  - Open windows to let the steam out
  - Wipe the shower dry after using
  - Close the door to the rest of the house
- **Cooking on your stove top releases a quarter litre of water every 10 minutes.**
  - Put lids on your pots while cooking
  - Use your kitchen extractor fan or range hood or
  - Open a window
  - Close the door to the rest of the house
- **Mop up the condensation** on your windows, and dry the cloths outside.
- **Air your house out** - open the house right up for 15 minutes so all the inside air is blown through and replaced by drier outside air. Ideally do when sunny and dry.

### DON'T

- **Use an unflued gas heater inside** - like LPG cabinet heaters, patio heaters, gas BBQs or cookers - inside. These release one litre of water into the air every hour they are used - many people end up running a dehumidifier as well.
- **Dry your washing inside** - drying one towel inside can add up to half a litre of water into the air. A whole load can release 2-5 litres into the air.

## What your house should have:

The Healthy Homes Standards for rental houses require that:

- All bedrooms, dining rooms, living rooms, lounges and kitchens should have at least one door or window that opens to the outside
- All kitchens and bathrooms must have an extractor fan that ventilates to the outside.

### These are your landlords responsibilities.

Deadlines vary: Applies to all new and renewed tenancies in private rentals from 1 July 2021, applies to all private rentals from 1 July 2024, applies to social housing from 1 July 2023.