

HOW TO PREVENT CONDENSATION-BASED MOULD*

BREATHE EASY, LIVE MOULD FREE

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01



Ventilation plays a crucial role in mould prevention. Open windows frequently and ensure you have extractor fans in high moisture areas like bathrooms and kitchens.



02

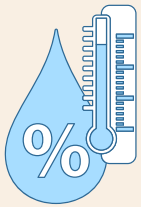
Consistent heating can make a significant impact. Make sure that your home is warm, especially during colder months. Maintain your home temperature between 18– 21°C.

To prevent mould growth, regular cleaning is essential. Make sure to wipe down condensation, clean surfaces and vacuum frequently.



03

04



Monitor and maintain humidity levels between 40–60%. High humidity levels can promote the growth of mould and mildew, while low humidity can cause dryness and discomfort. If points 1–3 don't work, mechanical tools such as dehumidifiers or humidifiers as can be used.

05



Address signs of dampness or mould promptly. If issues persist, consider consulting a professional for assessment and remediation. Inspect for leaks or water damage contributing to the problem.

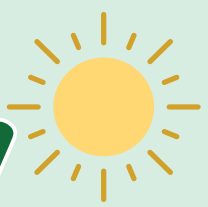
06



Reduce moisture in your home by using lids on saucepans during cooking, drying clothes outdoors, and promptly cleaning up any spills.

To prevent mould growth, allow natural light in and keep the environment clean and dry for a healthy living space.

07



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*This poster addresses mould caused by condensation, specifically black mould spores forming on cold surfaces due to excess moisture. Adjusting living habits can prevent this. If the mould results from a leak, repairing the leak promptly is essential.

5 WAYS TO KEEP THE AIR IN YOUR HOME FRESH AND CLEAN

DID YOU KNOW THAT KEEPING THE AIR IN YOUR HOME CLEAN IS VERY IMPORTANT FOR YOUR HEALTH? BREATHING CLEAN AIR AT HOME CAN ALSO MAKE YOU FEEL HAPPIER AND MORE ENERGETIC! HERE ARE SOME EASY AND FUN TIPS TO HELP YOU IMPROVE THE AIR QUALITY INSIDE YOUR HOME.

1

OPEN THE WINDOWS

FRESH AIR FROM OUTSIDE HELPS DILUTE INDOOR POLLUTANTS AND LOWERS CO₂ LEVELS, HELPING YOU BREATHE BETTER. OPEN YOUR WINDOWS FOR A FEW MINUTES EVERY DAY, ONCE YOU WAKE UP, AND BEFORE YOU GO TO SLEEP!

2

USE AIR QUALITY MONITORS

AIR QUALITY MONITORS CAN TELL YOU HOW CLEAN OR DIRTY THE AIR IS. ADDITIONALLY, THESE MONITORS PLAY A CRUCIAL ROLE IN RAISING AWARENESS ABOUT ENVIRONMENTAL ISSUES AND ADVOCATING FOR CLEANER AIR POLICIES.

4

USE AIR PURIFIER

AIR PURIFIER CAPTURES DUST, POLLEN, AND OTHER TINY PARTICLES FROM THE AIR. OPEN ONE UP AND YOU'LL SEE IT'S JUST A FAN AND A FILTER - ALL YOU NEED TO CLEAN THE AIR.

IT DOESN'T HAVE TO BE EXPENSIVE! YOU CAN EASILY MAKE YOUR OWN:

- TAKE A MINI FAN AND SECURE A FACE MASK OVER THE FRONT USING RUBBER BANDS OR STRING TO HOLD IT IN PLACE. MAKE SURE IT COVERS THE ENTIRE FRONT, TAPE CAN BE USED FOR EXTRA SECURITY TO MAKE A SNUG FIT.

THAT'S IT, YOUR OWN DIY AIR PURIFIER 🧺

3

COOKING CAN RELEASE SMOKE AND PARTICLES THAT CAN POLLUTE THE AIR YOU BREATHE. ALWAYS USE THE KITCHEN EXTRACTOR AND/OR OPEN A WINDOW WHILE COOKING!

COOK WITH A VENT

5

INCREASED AIRFLOW

INCREASING AIR CIRCULATION CAN SIGNIFICANTLY IMPROVE INDOOR AIR QUALITY. OPEN UP CUPBOARDS AND BEDROOM DOORS, AND AVOID PLACING WARDROBES DIRECTLY AGAINST WALLS TO PROMOTE BETTER AIRFLOW.



BY FOLLOWING THESE SIMPLE TIPS, YOU CAN HELP KEEP THE AIR IN YOUR HOME FRESH AND CLEAN!



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