



Preventing damp and mould at home

Reduce moisture

- Use pan lids and extractor fans when cooking
- Wipe away condensation
- Dry clothes outside or in well-ventilated spaces. Avoid radiators.

Improve ventilation

- Open windows regularly, especially when cooking or washing
- Move furniture away from walls
- Keep cupboards and wardrobes uncluttered

Heat your home

- Aim to keep home heated to 18°C

**Taking these steps can help
to protect your health**