



Prevent Mould Growth in your Home by Reducing Humidity

There are simple things you can do to help prevent mould growth. It's true what your grandma said – an ounce of prevention is worth a pound of cure.

Mould needs food and water to grow. Since we can't eliminate mould's "food" from our homes (drywall, osb, plywood and wood), we need to reduce the water (humidity).

Reducing humidity in your home is more about ventilation and air movement than it is about heat. Controlling the humidity in your home by increasing air flow makes your home less hospitable to mould.

The more people and pets who live in your home, the more humidity you are creating. The first simple way to reduce humidity is to air out your home. Open a few windows occasionally – yes, even in winter. When you are cooking or showering is another great time to open up a window.

Kitchen and bathroom fans are crucial to reducing humidity. Make sure that they are in good working order and you are using them when you shower and cook. If your bathroom fan is noisy, leave it on when you are not home and keep your bathroom door open as much as possible.

Test your bathroom fan to see if it is actually working by holding a tissue up to it when it's running. If the tissue holds the fan is pulling air adequately - if the tissue falls to the floor your fan needs to be replaced

If you have an aquarium or a terrarium, you should keep the door to that room open and run a fan in it to allow for ventilation. If you are a green thumb with lots of plants – again run a fan to increase the ventilation in that area. Same goes for those of you who hang laundry to dry in the home.

Furniture and boxes should never be pushed tight up against outside walls. Always allow a gap for air movement for anything near an outside wall. Keep closet doors open a crack if they are on an outside wall. Never place mattresses directly on the floor.

The mould that grows on window sills is there as it likes to eat the dust and dirt that gathers there. You can combat this by cleaning the window sills frequently. You can simply use soap and water. Another way to avoid mould growth on window sills is to ensure that curtain, drapes and blinds have an opening to allow for ventilation.

The majority of mould that grows in our homes is the same mould that is growing outdoors in our environment. These moulds can be allergens to some, but don't bother most people. So don't panic if you see mould as it is very rarely the 'toxic' kind - even if it is black.

