



Problems with moisture and mould in your home?

Follow these tips and make sure you have healthy air in your home

Are you experiencing problems with mould in your home? Mould is unhealthy. It can create unhealthy air in your home, causing symptoms like coughing or shortness of breath. It is important to remove all mould and prevent it from returning. Read how to do this below.

Removing mould



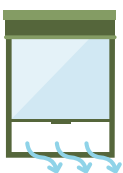
Remove all mould immediately

Even if there are only a few small spots. Do you have large areas of mould? Contact the Woningstichting Barneveld.



Use an approved product

Remove mould with an approved mould removal product. Follow the instructions on the packaging carefully. A mixture of baking soda and water (5 tablespoons per litre) can also be used to remove surface mould, but it will not kill deep-rooted mould. Moisten the surface before removing the mould.



Proper ventilation

Open a window when removing the mould. If you have sensitive lungs, ask someone else to do the job. Allow the area to dry thoroughly after cleaning.

Reducing moisture



Cooking

Keep the lid on the pan when cooking. Switch on the extractor hood. Set your mechanical ventilation system to the highest setting or open a window for 15 minutes.



Showering

While showering and afterwards, keep the bathroom door closed and switch your mechanical ventilation to the highest setting or open a window for 15 minutes. Use a shower squeegee to remove water from the walls and glass after showering. Ventilate for another 15 minutes after showering.



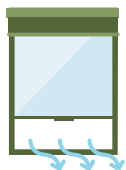
Drying laundry

Air dry your laundry outdoors if possible. If drying laundry inside, keep the door to the room closed and open the window. Or use a dryer.



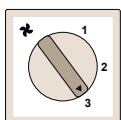
Want to measure indoor air humidity? Check the air humidity level using a hygrometer.

Ventilate daily



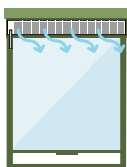
Keep indoor air fresh

Ventilate your home daily by opening windows on opposite sides of the room to allow for cross ventilation. Ten minutes is enough. After waking up, leave the window open for 15 minutes.



Always keep the ventilation system in operation

Use the middle setting. Always switch the ventilation system to the highest setting when you have visitors and while cooking, showering and drying laundry. Never turn off the system completely.



Keep ventilation grids open and clean

Do you have ventilation grids in your windows? Keep them open 24 hours a day. Don't have ventilation grids? Open a window slightly in every room. Clean the grids with soapy water or using a vacuum cleaner.

Keep your home warm

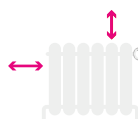


Make sure your home is not too cold

Daytime: 18 °C or higher.
Night-time: At least 15 °C.
Do not switch off the heating completely.



Is it difficult to keep all rooms warm – for example, due to high costs? Mould grows more quickly in a cold room. So, check these rooms regularly. Does a room feel cold and damp? Or do you see mould? Turn up the heating.



Keep radiators free from obstructions

Do not place furniture or hang curtains in front of them. This allows the heat to be evenly distributed.



With underfloor heating or a new ventilation system, it is often better to maintain a consistent temperature. Follow the instructions for your system. If in doubt, contact the Woningstichting Barneveld.

Why does mould have to be removed and prevented?

Mould is unhealthy and can cause health problems, such as coughing or shortness of breath. That is why it is important to remove all mould and prevent it from returning.

Does the mould keep coming back?

Contact the Woningstichting Barneveld. Together we will find a solution.



Prefer to watch a film about this?

Scan the QR code and watch the explanation videos from GGD Leefomgeving on removing and preventing mould. Also available in Turkish and Arabic.



Scan the QR code and watch the video 'Healthy indoor air' at Steffie.nl. Available in several languages. You can also play the 'Ventilation game'.

