



# A GUIDE ON HOW TO PREVENT MOULD

**Helping our customers with mould remediation is important to us because it ensures their health and safety by removing a potential hazard from their homes.**

- 1. Control Moisture Levels:** Moisture is the primary contributing factor to mould growth. Keep your homes dry by promptly repairing any plumbing leaks, roof leaks, or water damage. Properly ventilate high-moisture areas like bathrooms, kitchens, and laundry rooms. Use dehumidifiers in areas with high humidity levels.
- 2. Improve Ventilation:** Good airflow is essential in preventing mould growth. Use extractor fans in bathrooms and kitchens to remove moisture during cooking or showering. You should also keep air vents and ducts clean and unobstructed.
- 3. Monitor Indoor Humidity:** Mould thrives in high humidity environments. Recommend that clients use a hygrometer to measure indoor humidity levels, aiming for levels below 60%. If humidity is consistently high, suggest using a dehumidifier to maintain optimal levels.
- 4. Insulate and Seal:** Proper insulation and sealing of windows, doors, and walls can help prevent condensation and moisture build-up. This helps maintain consistent temperature and reduces the chances of mould growth.
- 5. Clean and Dry Wet Areas:** Promptly clean up and dry any spills, leaks, or water damage. Mould can start growing within 24-48 hours in damp environments, so it's crucial to address water issues promptly.
- 6. Monitor and Address Condensation:** Condensation can occur on windows, pipes, or walls in areas with temperature variations. You should regularly check for condensation and wipe it away to prevent moisture accumulation.
- 7. Regular Maintenance:** We recommend regular inspections of the home's plumbing, roof, and gutters to identify and address any potential sources of water intrusion. Regular maintenance can help prevent leaks and water damage that contribute to mould growth.
- 8. Proper Storage:** Mould can grow on organic materials such as cardboard, paper, or fabrics. Clients should store items in dry, well-ventilated areas and use plastic containers instead of cardboard boxes.
- 9. Keep a Clean Environment:** Regularly clean and vacuum the home to remove dust, dirt, and potential mould spores. Pay attention to areas prone to moisture, such as bathrooms and basements.

Remember, while these preventive measures can significantly reduce the risk of mould growth, it's essential to be vigilant and take action at the first signs of moisture or mould-related issues.