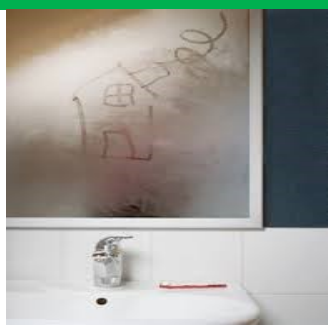
Humidity and Mold

How To Control Humidity In Your Residence

What is humidity?

- Humidity refers to the amount of moisture in the air.
- Humidity occurs because of moisture being released into the air from cooking, bathing, showering, and even from house plants.
- When this warm, moist air cannot escape, it comes into contact with a surface that is cold and condenses instead of evaporates. This raises the humidity level in your home, resulting in excess moisture.



Source: harrystearnpainting.wordpress.com

Why is humidity a hazard?

- If your home has high humidity and the moist air cannot get out or fresh air cannot get in, mold can form.
- Since mold can damage your home and even make you sick, it is important that your home does not have too much moisture in the air.

How do I prevent too much humidity?

- The best way to prevent too much humidity is to have:
  - Proper ventilation so air can get in and out of your home easily;
  - Good air circulation so air can flow freely throughout your home.
- Here are some things you can do to ensure proper ventilation and air circulation:
  - Keep the heat at a moderate temperature, about 20°C or 70°F.
  - Use fans in the kitchen and bathroom, especially when taking a shower, to help moist air escape.
  - Open windows to let moist air out (remember to close them after a while in winter to prevent windows from freezing open).
  - Contact the housing authority to use an approved window kit to cover windows in the winter.
  - Do not cover vents with curtains, furniture, or mattresses. Do not cover windows with blankets or insulated drapes. Keep all furniture 12 inches from baseboard heaters.
  - Keep beds off the floor and away from walls.

Something to think about...

Control humidity in your home to prevent mold.

Contact your local housing authority for more information

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Saskatchewan Housing Authorities

Saskatchewan Housing Corporation