

Damp and Mould Advice

Spotting the signs, advice and actions to take

Spotting the health signs of damp / mould

- Common respiratory signs: trouble breathing, a tight chest, coughing, wheezing, mild fever (more common in children), a blocked and/or runny nose, pain or pressure behind the face, a scratchy or sore throat and sneezing, asthma
- Common allergic reaction signs: sneezing, runny nose, red eyes, skin conditions, rash, dry/red/cracked skin

If you see someone presenting with the health signs of damp and mould, use compassion to enquire about damp and mould in their home to see if they need any support.

Who's affected?

Some people are more sensitive to the effects of damp and mould than others, including: babies and young children, older people, those with existing skin problems, those with respiratory problems and those with a weakened immune system.

Advice you could give when speaking to someone

1. Minimise moisture by, keeping lids on pots/pans, closing bathroom/kitchen doors when cooking, drying clothes outside where possible or drying clothes in a room with the door closed and window open.
2. Ventilate to remove moisture (particularly in kitchens/ bathrooms) by not blocking air vents or bricks and using extractor fans.
3. Keep your home between 18-21 degrees if possible. Heating controls on radiators, room thermostats and timers will help control heating homes and manage costs
4. Draught proof where possible
5. Wipe away mould as soon as you see it
6. Use a fungicidal treatment, approved by Health and Safety Executive
7. Encourage private renters to speak with their landlords. Remind them of renters rights and their landlords responsibility. Speak to Citizens Advice: cadoncasterborough.org
8. Direct to Cost of Living support and grants to help with heating and housing expenses at: www.yourlifedoncaster.co.uk/cost-of-living

Speaking with Compassion

People may find it hard to reach out when struggling to heat their home, especially if they are living in a home with damp and mould. This can impact their ability to look for and access support. Spotting the signs and discussing damp and mould compassionately by acknowledging and validating someone's feelings and not placing the blame on the individual is vital to supporting households.



doncaster.gov.uk/services/housing/damp-mould-condensation

Speak to the Housing and Enforcement Team:

housing.enforcement@doncaster.gov.uk or call 01302 737551



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