


## Managing Condensation

As we improve the thermal performance and airtightness of our homes and apartments, we trap excess moisture generated by everyday activities inside. The water vapour in the air condenses and forms a liquid on cold surfaces such as windows. Activities in the home may typically produce in excess of 20 litres of water vapour per day.

This can lead to poor indoor air quality and even mould. One of the biggest contributors to condensation inside the home is occupant behaviour. It is not necessarily the result of water leaking in. Open doors and windows when carrying out any of the activities below. In bathrooms natural ventilation enables the extraction fan to work at it's best.

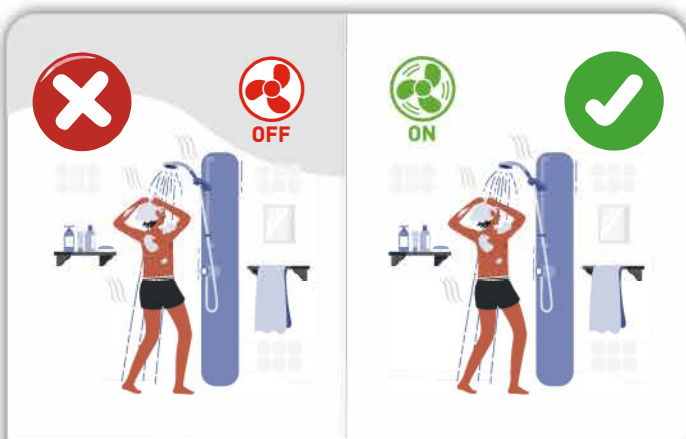
We've listed a couple of the most common contributors. Help to protect your home and health by using the tips below.



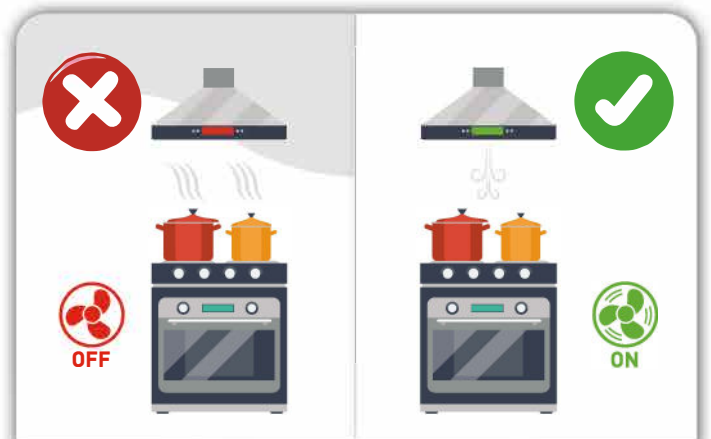
**Breathing/Exercising**  
Water vapour leaves our body every time we breathe out or sweat. Open a door or window when exercising inside your home.  
Water vapour: 0.2 litres per day per person



**Laundry**  
Moisture from washing and drying clothes has to go somewhere. Avoid drying clothes inside, open a door or window or use a dryer that is vented to the outdoors.  
Water vapour: 5 litres per day



**Shower**  
All that surface water and steam in the bathroom has to go somewhere. Always switch on the fan when showering and leave it on until the steam inside the bathroom has gone. Consider using a fan with a humidity sensor that automatically switches on and off depending on the amount of moisture in the air, or simply open a door and window. Natural ventilation enables the extraction fan to achieve optimal performance. Water vapour: 1.5 litres per day



**Cooking**  
Fumes from cooking can contribute to poor indoor air quality and add moisture to the air. Always use the rangehood when cooking.  
Water vapour: 3 litres per day