



## **Snuneymuxw First Nation**

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# **Water vapour, household air-flow and mould growth**

Those of you that have aluminum frame windows know that when it's cold outside and warm inside – your windows condensate and the window frames and bottom portion of the glass get wet. But did you also know that each night, one person can exhale a pound of water while breathing! So if you have four persons in a home, that equals to 4 pounds of water each night going into the air as well as the normal condensation process for windows. Over time, these processes can contribute to mould growth on window frames and liners.

### **How can a homeowner help prevent mould growth on window frames / liners?**

When you close your blinds, do not close them tightly and do not drop the blinds all the way to the bottom of the window liner; leave the blinds up slightly to allow for air-flow. For those of you that have curtains / drapes, leave the curtains / drapes up slightly to allow for air-flow. In the winter particularly, when it's cold outside and warm inside, windows will naturally condensate – take the time to dry each and every window frame; and on a bi-weekly basis, clean the window frames and corners with white vinegar (1 part vinegar to 2 parts water). Leave windows open slightly to allow for additional air-flow

### **How can a homeowner help prevent mould growth in a bathroom?**

Air-flow in a bathroom is especially important; each week, have a look at your bath fan for dust and if you notice that it looks clogged, vacuum the dust or wipe it off with a soft brush. After baths, showers, if you notice water lying around the bottom edge of the tub, wipe it down with a dry towel. Through time, if water is permitted to consistently go through the wet / dry processes without wiping down and / or disinfecting once a week, you might begin to notice black spots on your caulking – especially at the corners of your tub.

**For more information on preventing mould growth in a home, please contact the SFN housing department**

