

✓ WHERE IT COMES FROM



**SHOWERS
AND BATHS**
1.5L/day
(per person)



**CLOTHES
DRYING**
(unvented)
5.0L/load



COOKING
3.0L/day



GAS HEATER
(unflued)
Up to 1.0L/hour



DISHES
1.0L/day



**CLOTHES
WASHING**
0.5L/day



SLEEPING
0.02L/hour
(per person)



BREATHING
0.2L/hour
(per person)



PERSPIRATION
0.03L/hour
(per person)



SYMPTOMS OF EXCESS MOISTURE AND DAMPNES

- ◆ Musty smells in closed rooms.
- ◆ Damp or mouldy clothes in wardrobes.
- ◆ Mould or mildew behind paintings or mirrors.
- ◆ Stains or watermarks on ceilings or walls.
- ◆ Mouldy ceilings and walls in kitchens or bathrooms.
- ◆ Rotting wood in the structure of your home.
- ◆ Damp or mould under your house.

Removing the big hitters



DRYING CLOTHES

- Make use of fine winter days to dry clothes outside.
- Use the fastest spin speed on your washing machine.
- Use a condenser clothes dryer or one that vents outside.

COOKING

- Use pot lids when cooking to contain steam.
- Use a kitchen rangehood or a fan that vents outside.

SHOWERS AND BATHS

- Use an extractor fan when showering or taking a bath, or at least open a window.
- Fit a shower dome to contain moisture.



Don't use unflued gas heaters to heat your home. They are dangerous unless well vented and can add up to a litre of moisture to the air per hour.