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Mold is a serious problem in any home which can lead to a number of issues. Not only does mold look highly unattractive and leave your property looking and feeling run down and unhygienic even. More to the point though this actually causes serious damage to the property over time as the paint and wallpaper starts to come away from the walls and the mold spreads to your upholstery. Before long you can end up sitting down on your sofa and finding it gives way because mold has set into the wood.

And then there are all of the negative health effects of mold. These include an increased chance of asthma, shortness of breath, eczema and a run down immune system that makes you more likely to suffer from colds and illnesses.

So keeping mold out of the house then is a top priority, and there are several ways you should go about doing this.

The main thing that causes mold in a property is moisture in your home, which can come from a number of sources. For instance moisture is likely to come from clothes hanging out to dry, it's likely to come off of a bath we've run, it's likely to come from the air and rain outside and it's likely to come even from our breath. This moisture then forms condensation when it collects to cold surfaces such as windows and in some cases even our walls (because the coldness converts the steam back into water) and this then creates a damp area which is precisely where mold likes to gather.

Now one of the easiest ways to prevent this cycle is to minimize the amount of moisture you create. This means for instance avoiding letting water stand in the bath and particularly hot water "running the cold first and then just adding warm at the end can make a difference, as can avoiding boiling too much tea in the kettle, or drying clothes inside.

At the same time you can also reduce the amount of moisture that grips to your surfaces by keeping the temperature warmer. This will prevent the water from outside in the air from clinging to the exterior surfaces of your building too which can otherwise result in leaks and damp patches on your walls.

Many people make the mistake of leaving their heating off until it's already very cold and they think that they are this way saving themselves energy. Actually however, this is a big mistake as it means that the property and the walls have already reached very cold temperatures "so much so that they are at the 'dew point' temperature where they have collected a lot of moisture and where it will require a huge amount of constant heating to warm the property back up again. This then means that they end up spending much more energy and having a mold problem to contend with as well.

The solution then is to make sure to use heating often and to avoid letting the home ever get to the point where it's so cold.

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