

8 THINGS TO KNOW ABOUT

MOISTURE & CONDENSATION

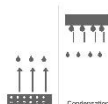


Healthy Homes Factsheet Series
by Warmer Homes



MOIST AIR - COOL SURFACE

When the air in your home holds moisture and comes into contact with a cold window, wall or ceiling, it releases that moisture as condensation. It's a sign that your home's temperature and ventilation balance is off.



TWO TYPES OF MOISTURE

Rising damp comes up from the ground through foundations and floors. Condensation comes from inside the home. Most NZ homes deal with both, and confusing the two can lead to the wrong solution being applied.



STOP SUBFLOOR MOISTURE

In many NZ homes, moisture rises from the bare earth under the floor and enters the living space through the timber framing. A proper ground vapour barrier and subfloor ventilation are two of the most effective fixes.



MOULD ONLY THE SYMPTOM

When people see mould they often clean it and move on — but mould is simply the visible sign of an underlying moisture problem. Without fixing the source of moisture, mould will always return.



RELATIVE HUMIDITY

Aim for indoor relative humidity between 40–60%. Below 40% air becomes too dry and irritating; above 60% conditions favour mould, dust mites and condensation. Use a hygrometer to monitor this in any room. Watch the humidity come down as you ventilate.



DRYING CLOTHES INSIDE

A single load of washing dried indoors can release up to 4 litres of water vapour into the air. If you must dry clothes inside, doing so in a room with good extract ventilation will make a big difference.



WHOLE-HOME CHALLENGE

Fixing moisture in isolation — sealing one gap, adding one fan — rarely solves the problem. Moisture management requires a coordinated approach across ventilation, insulation, heating and building envelope.



WARM AIR IS A SPONGE

For every 1°C increase in temperature, the air's capacity to hold water vapour increases by about 7%. Warm air holds onto moisture like a sponge. When that warm air hits a cold surface (like a windowpane) it 'squeezes' the sponge, causing the water to drop out as condensation.

This factsheet is provided by Warmer Homes.

We hope that by reading our factsheets you will learn some useful ways to make your home warmer, drier and more comfortable to live in. Learn more at warmerhomes.nz