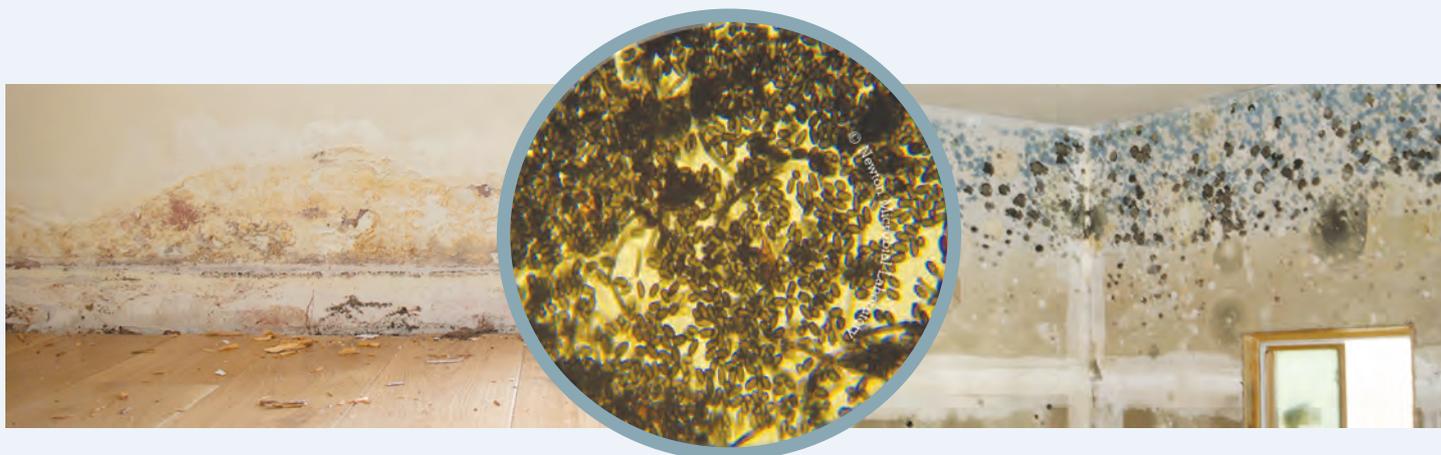


# What Health Problems can Damp and High Humidity in your Home Cause?

By Bob Bently



Humidity in your home can not just affect the aesthetics of your house due to the causes of damp and high levels of humidity, but can also affect your health too. The common clues are wood that is starting to warp, paint on your walls starting to chip and of course wallpaper starting to bubble.

There is also that musty smell which comes from lack of ventilation in your home and too much humidity. We associate this smell with damp.

The purpose of this article is for you to notice the clues of high humidity levels, which can affect your health and do something about it before the issue becomes a serious problem. And, don't forget, your health is your wealth so you must look after this.

In most cases, excess moisture in the air is due to lack of ventilation. You have probably noticed mould growing in bathrooms before. This is because when people have a shower, which causes lots of excess moisture in the air, they do not open any windows or have a decent ventilation system, so it creates condensation and there is no way for this moisture to escape. This produces unhealthy air in your home which can lead to health issues.

The simplest way to stop this is to simply open windows when showering.

It is so important to keep your home at a certain humidity level. This is because when mould grows and is not dealt with in a timely manner, it will attract dust mites. Mould can also contaminate other areas in your home if you do not deal with it. It can grow and spread on to floors, your upholstery and of course any carpet near the infected area.

If mould is left to its own devices, coming from the fungus family, it will create spores which for humans and pets can create some serious health issues. That familiar damp smell means you have fungus growing your home, and the best and most efficient way of removing this is using a dehumidifier.

## *So what are the health risks of having high humidity and mould in your home?*

The most common health risk is when damp and high humidity levels effects your lungs. Symptoms include coughing, dry throat and wheezing. If you are, or you live with anyone who suffers from asthma you must be particularly careful. Damp and mould in your home has been seen to trigger many asthma attacks and can lead to respiratory infections.

Excess damp can also lead to symptoms which we would associate with the common cold. These include a runny nose, puffy eyes which can lead to infections, headaches and general tiredness. If you do not deal with your damp issue, the symptoms can actually lead to developing the flu. The reason

this occurs is that the growth of mould leads to dust mites which a lot of people are allergic to.

So what can you do to make sure damp and high humidity levels do not affect your health? It's not really rocket science, simply follow some of the suggestions:

- **Do not leave your laundry to dry indoors without having ventilation. In other words, if you do this, open windows.**
- **Also open your windows when you are having a shower or bath. This is the number one reason you see mould growing bathrooms.**
- **If there is a particular area in your home where damp is a problem, buy yourself a dehumidifier which can remove any excess moisture in the air and solve the issue before it leads to any health problems.**
- **Clean clean clean! At the earliest sign of seeing mould develop, make sure you remove it with a detergent.**

Do not panic if you have mould growing your home as there is always a solution to remove this so does not affect your health. Follow the advice above and you will have a damp and mould free home.

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