

Press release

Protecting against mold in the home

Easy ways to protect your home against mold

- Air out the home several times a day and ensure sufficient heating
- The main problem: excessive humidity in the home
- Don't leave windows tilted for hours on end

Good heat insulation in houses and apartments can help ensure a comfortable home environment. It also saves energy and is a sure-fire way of preventing mold in buildings. However, if windows and doors are relatively air-tight, less air will be exchanged. In poorly insulated buildings this will mean an increase in the risk of mold formation. Despite this, DEKRA property experts say that even buildings that do not meet modern energy standards can be effectively protected.

Mold – a natural part of our environment

“Mold is a natural part of our environment to which humans have adapted and become accustomed over time,” explains Andreas Kraus, a building surveyor at DEKRA. A single moldy tile joint in the bathroom certainly looks bad, but it does not present a serious health risk. It's a different story when mold in the home has spread so much that it causes a physical reaction in the body.

“It often affects people who have weakened immune systems. As a result, mold infestations in homes are unhygienic and must always be prevented,” says Kraus. If the spores spread throughout rooms, it can lead to health problems like allergies or chronic respiratory conditions for those living there.

Permanently high humidity in the home

“One of the main problems that often causes mold spores is permanently high humidity that is not allowed to escape,” explains the expert. He points to showering, cooking, washing, tumble drying and exhalation as the major sources of this. But water can also evaporate through houseplants or an aquarium.

“There are two decisive factors for preventing excessive humidity in homes,” says Kraus. “On the one hand, we have to prevent excessive humidity arising in the first place. But it is also important to ensure sufficient heating and

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allow humidity to escape by opening the window and airing out the home briefly a few times a day.” He gives the following tips for effective mold prevention:

Air out your home. The best way to protect your home against mold is simple: open the window. Air out all the rooms in your home for a few minutes several times a day by opening the doors or windows to get the air circulating as much as possible.

Turn the heating on. During the cold months, make sure your home is sufficiently heated so that the surrounding structural elements do not cool down. This also prevents water vapor in the air from condensing.

Don’t leave windows tilted. Don’t try to ventilate rooms by leaving the windows tilted for hours on end. Not only does this prevent a sufficient exchange of air, it also causes the surrounding walls to cool down. This leads to condensation, creating the ideal conditions for mold.

Ventilate your bathroom properly. After showering, many people often make the mistake of leaving the bathroom door open and allowing humid air to flow into the home. Instead, ventilate your bathroom using an extraction fan or by opening the window. If using a window, make sure it is wide open and not just tilted. For this reason, don’t block the windowsills in the bathroom.

Unheated rooms. Humid air from the kitchen or bathroom can spread throughout the home and condense on the cool walls, creating the ideal conditions for mold to grow. Keep doors to unheated rooms like the bedroom closed.

Don’t get steamed up in the kitchen. Get rid of the steam created while cooking immediately via an extractor hood or by opening the window, before it spreads throughout the home.

About DEKRA

DEKRA has been active in the field of safety for more than 90 years. Founded in 1925 in Berlin as Deutscher Kraftfahrzeug-Überwachungs-Verein e.V., it is today one of the world’s leading expert organizations. DEKRA SE is a subsidiary of DEKRA e.V. and manages the Group’s operating business. In 2020, DEKRA generated preliminary sales totaling 3.2 billion euros. The company currently employs more than 43,000 people in approximately 60 countries on all six continents. With qualified and independent expert services, they work for safety on the road, at work and at home. These services range from vehicle inspection and expert appraisals to

claims services, industrial and building inspections, safety consultancy, testing and certification of products and systems, as well as training courses and temporary work. The vision for the company's 100th birthday in 2025 is that DEKRA will be the global partner for a safe world