



## Excess Moisture in the Home

University of Minnesota  
Extension Service

- Do you have condensation on your windows during the winter?
- Does mildew grow in your bathroom?
- Do you have mold growing in the corner of a closet, kitchen or bathroom?
- Do you have peeling, cracking or blistering paint?

These are all symptoms of excess moisture in your home.

Activities such as cooking, bathing, breathing, and dishwashing all produce moisture. Other sources include humidifiers, plants, large pets, gas appliances, wood storage, leaky plumbing, lots of rain or snow, and ground moisture.

Relative humidity is the inside air moisture in relation to the outside temperature. The colder the weather the less humidity inside your home can tolerate.

Home moisture problems are caused when the relative humidity is more than 50%. This causes damage to the structure of the house and the occupant. Some people develop allergies and respiratory problems caused by mold. A relative humidity of 30 to 45% is healthy and comfortable for the occupants and for the building.

To deal with moisture problems, you can usually find the source. It needs to be reduced or eliminated by:

- reducing the source of water evaporation
- installing a fresh air return on the furnace (this will draw fresh air into the home when moisture levels get too high)
- inspecting, installing or repairing an exhaust fan in your bathroom
- inspecting ventilation systems to see if the moisture can escape
- installing a kitchen exhaust fan (if these fans are too expensive for you, you may be able to adapt the furnace control)
- cracking a window, it allows moisture to get out (it also allows cold air to come in and warm air to escape)
- to avoid structural damage to your home, vapor retarders prevent moisture from getting into the exterior walls.

**Some homes at Amhurst have automatic humidifiers installed on the home's furnace. Some homeowners might not be aware that this equipment is installed and operating. If you have an excess moisture problem, determine if you have a humidifier on your furnace. If so, you will need to reduce the moisture being put into the air or turn it off completely.**

Swimming Pool opens in just under 4 months!