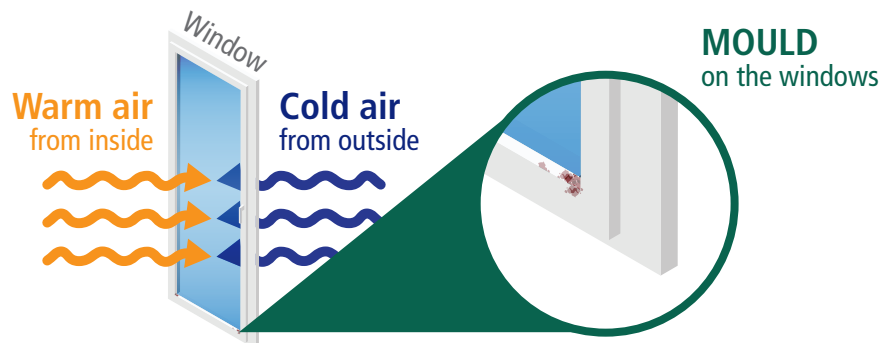


Avoid MOULD in your room



When warm air in the room meets cold air from outside, it causes moisture and mould to grow.



Prevent mould build-up in your room

 Have proper air flow by opening the windows or doors while cooking.

Wipe away moisture around windows and window sills to control the indoor moisture.



 Scrub mould with soap and water. Use steel wool to scrub away deeper mould. Dry the surface after use.

Repaint if needed. 

Use a dehumidifier to reduce indoor moisture.



 Keep rooms at a stable temperature of 20-25°C (68-76°F). Avoid rooms being too hot or too cold to prevent illness or weakened immune systems.

 Humidity can be caused by:

- Temperature of the room
- Number of people in the room
- Cooking with no air flow
- Low air flow