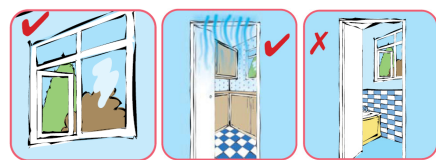


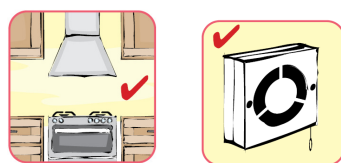
Oscail fuinneog bheag thíos staighre agus fuinneog bheag thuas staighre go dtí an chéad eang stoptha. (Ba cheart dóibh a bheith i mballaí tí atá ar aghaidh a chéile, nó trasna ó chéile más in árasán atá cónaí ort). Bíodh doirse inmheánacha na seomraí ar oscailt agat san am céanna, ligfidh sé seo d'aer níos tirim gluaiseacht ar fud an tí. Ba cheart an áit a chroaeráil ar feadh 30 nóiméad gach lá.



Déan cinnte de nach gcruthófar fadhb shlándála mar gheall ar fhuinneoga inrochtana – ná dearmad iad a dhúnadh nuair a bheidh tú ag dul amach.

Aeraigh an chistin nuair a bhíonn tú ag cócaráil agus ag ní na soithí. Is mar a chéile duit fuinneog nach mbeidh ach beagán di ar oscailt agus ceann a bheidh oscailte go hiomlán. Úsáid cochall eastarraingthe an chócaireáin nó bíodh an fean eastarraingthe casta air agat i gcónaí agus tú ag cócaráil.

Oscail fuinneog bheag uachtair agus aeraigh an chistin agus an seomra folcra ar feadh 20 nóiméad nó mar sin tar éis duit a bheith á n-úsáid. Cas air an fean eastarraingthe más féidir é – tá sé saor le húsáid agus an-éifeachtach.



San oíche, fág fuinneog oscailte ar éigin i do sheomra codlata, nó úsáid aerálaí silíní má tá ceann feistithe, chun an t-aer a ligean isteach. (Ach seachain, ná dearmad an tslándáil).

Coinnigh doirse na cistine agus an tseomra folcra dúnta ionas nach n-éalóidh taise isteach sa chuid eile den teach.

Lig don aer gluaiseacht thart ar éadaí agus ar nithe eile a bhíonn stóráilte ionas nach dtiocfaidh grán dubh ná caonach liath orthu. Féadfaidh tú ligean don aer gluaiseacht faoin troscán ach é a ardú. Fág spás beag idir na píosaí móra troscáin agus na ballaí agus seas vardrúis agus troscán in aghaidh na mballaí inmheánacha más féidir é. Ná cuir iomarca isteach i vardrúis ná i goófraí – má dhéanann ní ghluaisfidh an t-aer timpeall i ngach áit.

Dromchlaí Fuara sa Teach

Bíonn sé níos fusa don chomhdhlúthú tarlú ar dhromchlaí fuara sa teach, ar bhallaí agus ar shileálacha mar shampla. Is féidir, ina lán cásanna, féachaint chuige go mbeidh na dromchlaí seo níos teo ach insliú agus taisdionadh a fheabhsú.

Beidh an teach go léir níos teo agus laghdóidh tú costas do bhíll breosla má bhíonn insliú agus taisdionadh sa teach. Is lú seans a bheidh ann go dtarlóidh comhdhlúthú má bhíonn an teach go léir níos teo.

Insliú áiléir agus insliú ballaí na cineálacha inslithe is éifeachtaí.



Má bhíonn aon taisdionadh á shuiteáil agat, lean na treoracha seo a leanas:

- Ná déan taisdionadh ar sheomraí a bhfuil fadhb le comhdhlúthú iontu, ná in áit ina bhfuil téitheoir nó cócaireán a dhóinn gás nó breosla soladach.
- Ná dún aerálaithe buana ná brící a suiteáladh le haghaidh fearais teasa nó téite.
- Ná déan taisdionadh ar fhuinneoga seomraí folcra ná cistineacha.

Tiarnaí talún – is fearrde na tithe má fheabhsaítear an t-insliú áiléir nó ballaí agus ba cheart smaoinemh ar insliú teirmeach agus éifeachtúlacht fuinnimh a fheabhsú nuair a bhíonn aon fheabhsúcháin á ndéanamh.

An Teocht sa Teach

Bíonn níos mó taise ar iompar san aer te seachas mar a bhíonn san aer fuar; de ghnáth fágann aer fuar braoiníní comhdhlúthaithe thart timpeall an tí. Is geall le spúine an t-aer; dá theo é is ea is mó taise a bheidh ar iompar ann. Má bhíonn teas an-ard agat i seomra amháin agus na seomraí eile fágtha fuar beidh an comhdhlúthú níos measa sna seomraí nach mbeidh téite. Sin le rá gur fearr teas a bheadh réasúnta íseal nó íseal a bheith ar fud an tí.

Féadfaidh tú an comhdhlúthú a stopadh má bhíonn an teas fágtha air go híseal agat ar feadh an lae nuair a bhíonn an aimsir fuar ach ní foláir duit súil a choinneáil ar na méadair le fios a bheith agat cén costas atá ort dá bharr.

Mura bhfuil córas teasa agat i ngach seomra féadfaidh tú doirse na seomraí nach bhfuil teas iontu a fhágáil ar oscailt le teas éigin a ligean isteach iontu.

Má tá fút seomraí a théamh ach gan córais a bheith suiteáilte iontu is fearr téitheoirí leictreacha a úsáid, radaítheoirí ola nó téitheoirí painéil, ar shocrú íseal, mar shampla. Ná dearmad ná cheart duit téitheoirí iniompartha gás a úsáid i dtithe.

Bíodh a fhios agat má tá reoiteoir agat gur maith an smaoinemh é a shocrú i spás ina mbíonn comhdhlúthú ag tarlú mar go bhféadfaidh an teas as an mótár an comhdhlúthú a stopadh.



Seachain an ndéanfá ró-aeráil ar an teach nuair a bhíonn an aimsir fuar mar má dhéanann ísleoidh an teas taobh istigh agus is é is dóigh go mbeidh comhdhlúthú ann. Ardóidh sé do chostais teasa freisin.

Cuimhnigh ar na Príomhphointí le Comhdhlúthú a Stopadh

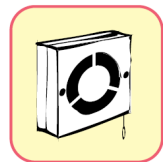


Laghdaigh an Méid Taise a bhíonn agat sa Teach



Laghdaigh Líon na nDromchlaí Fuara sa Teach

Feabhsaigh an Aeráil



Coinnigh Dóthain Teasa sa Seomra



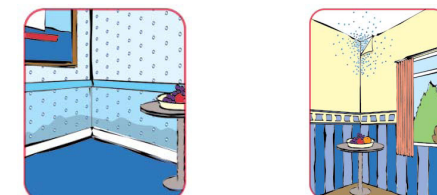
CONTROLLING CONDENSATION AND MOULD

What is Condensation?

There is always some moisture in the air, even if you cannot see it. If air gets cold, it cannot hold all the moisture produced by everyday activities and some of this moisture appears as tiny droplets of water, most noticeable on windows on a cold morning. This is condensation. It can also be seen on mirrors when you have a bath or shower and on cold surfaces such as tiles or cold walls.

Condensation occurs in cold weather, even when the weather is dry. It doesn't always leave a 'tidemark' round its edges. If there is a 'tidemark', this dampness might have another cause, such as water leaking into your home from a plumbing fault, loose roof tiles or rising damp.

Condensation can appear on or near windows, in corners and in or behind wardrobes and cupboards. Condensation forms on cold surfaces and in places where there is little movement of air.



Problems that can be caused by excessive condensation

Dampness caused by excessive condensation can lead to mould growth on walls and furniture, mildew on clothes and other fabrics and in time the rotting of wooden window frames.

First steps against condensation

You will need to take several steps to deal with condensation, but meanwhile there are some simple things you should do straight away.

Dry your windows and windowsills every morning, as well as surfaces in the kitchen or bathroom that have become wet. Wring out the cloth rather than drying it on a radiator or use paper towels.

First steps against mould growth

First treat the mould already in your home. Then deal with the basic problem of condensation to stop mould reappearing.

To kill and remove mould, wipe down or spray walls and window frames with a fungicidal wash that carries a Health and Safety information, and ensure that you follow the instructions for its safe use. These fungicidal washes are often available at local supermarkets. Dry-clean mildewed clothes, and shampoo carpets. Do not try to remove mould by using a brush or vacuum cleaner.

After treatment, redecorate using good-quality fungicidal paint and a fungicidal resistant wall paper paste to help prevent mould recurring. The effect of fungicidal or anti-condensation paint is reduced or destroyed if covered with ordinary paint or wallpaper.

But remember: the only lasting cure for severe mould is to get rid of the dampness.



What Causes Condensation?

There are four main factors that cause condensation:

- Too Much Moisture Being Produced In Your Home
- Not Enough Ventilation
- Cold Surfaces
- The Temperature of Your Home

You need to look at all of these factors to cure a condensation problem

Too Much Moisture Being Produced In Your Home

Everyday activities add extra moisture to the air inside our homes. Even our breathing adds some moisture. One person asleep adds half a pint of water to the air overnight and at twice that rate when active during the day.

To give you some idea as to how much extra water this could be in a day, here are a few illustrations:

- 2 people at home can produce = 3 pints
- A bath or shower = 2 pints
- Drying clothes indoors = 9 pints
- Cooking and use of a kettle = 6 pints
- Washing dishes = 2 pints
- Bottled gas heater (8 hours use) = 4 pints
- Total moisture added in one day = 26 pints or 14.8 litres

Reduce the potential for condensation by producing less moisture

If at all possible hang your washing outside to dry or use a clothes tumble dryer. If necessary hang them in the bathroom with the door closed and a window slightly open or extractor fan on.

Don't be tempted to put washed wet clothes on radiators or in front of a radiant heater.



Always cook with pan lids on, and turn the heat down once the water has boiled. Only use the minimum amount of water for cooking vegetables.

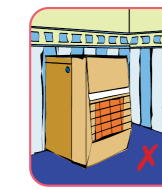


When filling your bath, run the cold water first then add the hot water - it can reduce the steam by 90% which leads to condensation.

If you use a clothes tumble drier, make sure it is vented to the outside air or that it is of the new condensing type.

Do not use your gas cooker to heat your kitchen as it produces moisture when burning gas.

Bottled gas heaters should not be used; they produce about 8 pints of moisture from an average-sized gas cylinder.



Ventilation of the Home

Ventilation can help to reduce condensation by removing moist air from your home and replacing it with drier air from outside.

Help to reduce condensation that has built up overnight by 'cross ventilating' your home.

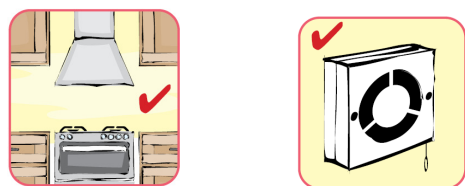
Opening to the first notch a small window downstairs and a small one upstairs. (They should be on opposite sides of the house, or diagonally opposite if you live in a flat). At the same time, open the interior room doors, this will allow drier air to circulate throughout your home. Cross ventilation should be carried out for about 30 minutes each day.



Make sure that accessible windows will not cause a security problem- remember to close them when you go out.

Ventilate your kitchen when cooking and washing up. A window slightly open is as good as one fully open. Always use your cooker extractor hood or extractor fan when cooking.

Ventilate your kitchen and bathroom for about 20 minutes after use by opening a small top window. Use an extractor fan if possible - they are cheap to run and very effective.



Ventilate your bedroom by leaving a window slightly open at night, or use trickle ventilators if fitted. (But again, remember your security).

Keep kitchen and bathroom doors closed to prevent moisture escaping into the rest of the house.

To reduce the risk of mildew on clothes and other stored items, allow air to circulate round them. You can raise furniture up to allow air to circulate underneath. Keep a small gap between large pieces of furniture and the walls, and where possible place wardrobes and furniture against internal walls. Never overfill wardrobes and cupboards, as it restricts air circulation.

Cold Surfaces In Your Home

Condensation forms more easily on cold surfaces in the home, for example walls and ceilings. In many cases, those surfaces can be made warmer by improving the insulation and draught proofing.

Insulation and draught proofing will also help keep the whole house warmer and will cut your fuel bills. When the whole house is warmer, condensation becomes less likely.

Loft and wall insulation are the most effective forms of insulation.



If you install any draught proofing, observe the following guidance:

- Do not draught proof rooms with a condensation problem, or where there is a heater or cooker that burns gas or solid fuel.
- Do not block permanent ventilators or airbricks installed for heating or heating appliances.
- Do not draught proof bathroom or kitchen windows.

Landlords – homes can benefit from an improvement to its loft or wall insulation and improving thermal insulation and energy efficiency should be considered when any improvements are being undertaken

The Temperature of Your Home

Warm air holds more moisture than cooler air which is more likely to deposit droplets of condensation round your home. Air is like a sponge; the warmer it is, the more moisture it will hold. Heating one room to a high level and leaving other rooms cold makes condensation worse in the unheated rooms. That means that it is better to have a medium-to-low level of heat throughout the house.

Keeping the heating on low all day in cold weather will help to control condensation, but keep a check on your meters to check how much it is costing you.

If you don't have heating in every room, you could keep the doors of unheated rooms open to allow some heat into them.

To add extra heat to rooms without any form of installed heating, it is better to use electric heaters, for example oil-filled radiators or panel heaters, on a low setting. Remember, you should not use portable bottled gas heaters in homes.

If you have a freezer, it is a good idea to put it in a space suffering from condensation, as the heat from the motor may help to keep condensation at bay.



Be careful not to 'over-ventilate' your home when it is cold, as it will cause the temperature inside to drop and make condensation more likely. It will also increase your heating costs.

To Control Condensation Remember The Key Points

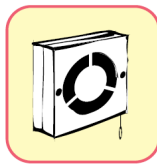


Reduce the Amount of Moisture You Produce



Reduce the Number of Cold Surfaces in Your Home

Improve the Ventilation



Maintain an Adequate Room Temperature



COMHDHLÚTHÚ AGUS CAONACH LIATH A STOPADH

Céard é Comhdhlúthú?

Bíonn taise éigin san aer i gcónaí, fiú mura mbíonn sí le feiceáil. Nuair a iompaíonn an t-aer fuar ní bhíonn sé in ann an taise a ghabhann le gníomhaíochtaí laethúla a iompar agus bíonn cuid den taise seo le tabhairt faoi deara mar bhraoiníní beaga uisce. Is ar an bhfuinneog is mó a bhíonn siad le feiceáil maidin fhuar. Sin comhdhlúthú. B'fhéidir go bhfeicfeá ar an scáthán é tar éis folctha nó ceatha duit agus ar dhromchlaí fuara ar nós tíleanna nó ballaí fuara.

Tarlaíonn an comhdhlúthú in aimsir fhuar, fiú más aimsir thirim í. Ní bhíonn a lorg le feiceáil ina 'shnáth ciumhaise' i gcónaí. Má bhíonn 'snáth ciumhaise' fágtha aige, b'fhéidir gur cúis eile atá leis an taise seo, uisce a bheith ag sileadh isteach i do theach mar gheall ar fhabht phluiméireachta cuir i gcás, nó tíleanna an dín a bheith bogtha nó taise aníos a bheith ann.

B'fhéidir go mbeadh comhdhlúthú ar fhuinneoga nó gar d'fhuinneoga, i gcúinní agus istigh i vardrúis nó i gcófraí, nó ar a gcúl. Tarlaíonn comhdhlúthú ar dhromchlaí fuara agus in áiteanna nach mbíonn mórán de ghluaiseacht aer iontu.



Fadhbanna de bharr an iomarca den chomhdhlúthú

Tharlódh sé go bhfásfadh caonach liath ar bhallaí agus ar throsacán, go dtiocfadh grán dubh ar éadaí agus ar fhabraicí eile agus go lobbhíodh frámaí fuinneog adhmaid in imeacht aimsire mar gheall ar thaise de bharr an iomarca den chomhdhlúthú.

Na chéad chéimeanna le comhdhlúthú a sheachaint

Beidh go leor le déanamh le déileáil le comhdhlúthú, ach idir seo agus sin seo cúpla rud is ceart duit a dhéanamh as láimh.

Triomaigh na fuinneoga agus leaca na bhfuinneog gach maidin, agus triomaigh aon dromchla sa chistin nó sa seomra folctha atá fliuch. In áit an t-éadach a thriomú ar an radaitheoir fáisc é nó úsáid tuáillí páipéir.

Na chéad chéimeanna le caonach liath a stopadh

Má tá caonach liath sa teach déileáil leis sin ar dtús. Ansin déileáil leis an mbunfhadhb, an comhdhlúthú, ionas nach bhfásfaidh an caonach liath arís.

Seo é atá le déanamh le caonach liath a mharú agus fáil réidh leis – glan nó spraeáil na ballaí agus frámaí na bhfuinneog le hionlach fuingicídeach a bhfuil eolas maidir le Sláinte agus Sábháilteacht air, agus déan cinnte de go leanfaidh tú na teoracha atá air maidir lena úsáid go sábháilte. Is minic a gheofa na hionlaigh fuingicídeacha seo sna hollmhargaí áitiúla. Má bhíonn grán dubh ar éadaí beidh siad le tirimghlanadh, agus beidh cairpéid le ní le seampú. Ná húsáid scuab ná folúsglantóir le fáil réidh le caonach liath.

Nuair a bheidh an chóireáil sin déanta agat déan an t-athmhaisiú; úsáid péint mhaith fuingicídeach agus taos páipéar balla a bhfuil frithsheasamh ann in aghaidh fungas ionas nach bhfásfaidh an caonach liath arís. Laghdaítear an mhaith a bhíonn i bpéint fuingicídeach nó i bpéint fhrith-chomhdhlúthaithe nó baintear an mhaith aisti má chluadaítear i le gnáthphéint nó le gnáthpháipéar balla.

Ach cuimhnigh: níl de leigheas ar dhroch-caonach liath ach fáil réidh leis an taise.



Cén fáth a dtarlaíonn Comhdhlúthú?

- Tá ceithre phríomhchúis leis:
- Iomarca Taise a bheith agat sa Teach
 - Gan dóthain Aerála a bheith ann
 - Dromchlaí Fuara
 - An Teocht sa Teach

Theastódh uait breathnú isteach i ngach ceann de na cúiseanna seo le fadhb le comhdhlúthú a leigheas

Iomarca Taise agat sa Teach

Fágann gníomhaíochtaí laethúla go gcuirimid leis an taise a bhíonn san aer istigh inár dtithe. Cuireann an anáil léi fiú. Bíonn leathphionta breise uisce san aer tar éis oíche chodlata ag duine amháin agus bíonn a dhá oiread sin ann nuair a bhíonn duine gníomhach ar feadh an lae.

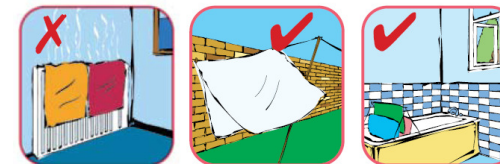
Tá cúpla sampla anseo thíos a thabharfaidh tuairim éigin duit faoin toilleadh breise uisce a d'fhéadfadh a bheith ann in aon lá amháin:

2 (beirt) sa bhaile = 3 phionta
Folcadh nó cith = 2 phionta
Éadaí a thriomú taobh istigh = 9 bpionta
Cócaireacht agus an citeal = 6 phionta
Soithí a ní = 2 phionta
Téitheoir ag obair ar ghás buidéalaithe (in úsáid ar feadh 8 n-uaire) = 4 phionta
An taise iomlán sa bhreis in aon lá amháin = 26 pionta nó 14.8 lítear

Dá laghad taise a bheidh ann is ea is lú an seans go mbeidh comhdhlúthú ag tarlú

Nuair a bheidh éadaí le triomú agat, más féidir ar chor ar bith é croch amach faoin aer iad nó úsáid triomadóir rothlaim. Murar féidir, croch sa seomra folctha iad ach coinnigh an doras dúnta agus fág beagán den fhuinneog ar oscailt nó cas air an fean eastarraingthe.

Seachain an gcuirfeá éadaí fliucha atá tú tar éis a ní ar radaitheoirí nó os comhair téitheoir radanta.



Bíodh an clár ar an sásan i gcónaí agat nuair a bhíonn tú ag cócaráil, agus ísligh an teas a thúsce is a bhíonn an t-uisce fliucha. Úsáid a laghad uisce is is féidir nuair a bhíonn na glasraí á gcócaráil agat.

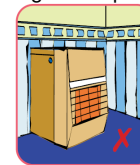


Nuair a bheidh tú ag líonadh an fholcadáin, scaoil an t-uisce fuar isteach roimh an uisce te – d'fhéadfá an gal a laghdú faoi 90% - tarlaíonn comhdhlúthú de bharr na gaile.

Má tá triomadóir rothlaim agat le héadaí a thriomú, cinntigh go bhfuil sé ceangailte le gaothaire go dtí an taobh amuigh nó gur ceann de na cineálacha comhdhlúthacha é.

Ná téigh do chistin leis an gcócaireán gáis; tagann taise as gás a dhó.

Níor cheart téitheoirí a oibríonn ar ghás buidéalaithe a úsáid; tagann timpeall is 8 bpionta taise as sorcóir gáis ar mheánmhéid.



An Teach a Aerú

Laghdaíonn aeráil an comhdhlúthú mar éalaíonn an t-aer tais as an teach agus tagann aer níos tirimé isteach ón taobh amuigh.

Má bhíonn 'crosaeáil' sa teach ba cheart go laghdódh sé seo an comhdhlúthú a bhíonn ann de bharr na hoíche.