

Back to the South Weather

回南天

What Is the “Back to the South Weather”

The humid weather, typically referred to as “Back to the South Weather”, usually occurs in March and April during the spring season. It’s the result of warm and humid air from the south replenishing the cold winter air, causing a rise in temperature and humidity. Condensation may occur on walls, floors and furniture due to their cold surfaces coming into contact with warm, humid indoor air. This leads to dampness in your home and the growth of mold. At times it may feel like you can squeeze water from the air because the water vapor in the air is almost saturated. Many people find this situation unpleasant and uncomfortable, some even become nauseated and sick.

How to Deal with It

When encountering “back to the south weather”, it is important to shut all the windows at home, especially the south-facing windows, otherwise the moisture will take every opportunity to creep in from outside the windows. The humidity index is at its highest points during the morning and evening; this is when your home is likely to suffer from severe dampness if you forget to shut your doors and windows beforehand. If you need to open windows for ventilation, it is better to do so at noon.

There are some other ways to help you to fight against humid weather.

1. Lighting candles

Candles can help in reducing humidity.

2. Mopping the floor with salty hot water

It can accelerate the evaporation of water in the air. After mopping the floor, you can cover it with newspapers.

3. Dehumidifiers

There are various types of electrical appliances that can get rid of excess moisture in the air. Usually people choose dehumidifiers,

什么是“回南天”

“回南天”这种天气返潮现象一般出现在春季的三四月份，主要是因为冬季冷空气过后，暖湿气流迅速反攻，气温回升，致使空气湿度加大，某些冰冷物体的表面遇到暖湿气流后，容易产生水珠，导致家中潮湿或者发霉现象。空气湿度接近饱和，似乎都能拧得出水来，这种到处湿漉漉的环境会让人产生不适应，使人恶心干吐，甚至患病。

如何应对“回南天”

当潮湿的“回南天”来袭，大家千万要记得紧闭家中的窗户，特别是关闭朝南和东南的窗户，不给窗外虎视眈眈的湿气任何潜入的机会。防潮的最重要时段是每天的早晨和晚上，这两段时间的空气湿度较日间更高，若不及时关上门窗，水汽将严重渗透至家居的每个角落。另外，如果觉得门窗紧闭令室内空气无法流通，建议大家在中午时短时间开窗通风。

以下这些方法也可以帮您对抗“回南天”。

1. 点蜡烛

燃烧的蜡烛可以降低空气湿度。

2. 用热盐水拖地

热盐水拖地可以加快水汽蒸发。拖完地之后，您可以铺些报纸在地板上。

3. 除湿机

能够除湿的电器有很多种，通常家用除湿设备有除湿机、空调或者暖风机。

air-conditioners or fan heaters for their home.

4. Adding lime in bathroom

When it comes to the bathroom and other small spaces, you can use lime in small cloth bags to absorb moisture in the air. You can also make some holes in the package of your washing powder; this can also absorb moisture. After showering, it's important to mop the floor of the bathroom and keep the door closed in case the steam escapes.

5. Turn on TVs and computers for a few hours every day

It's easy for the parts inside TVs and computers to attract dust in the air. When the dust combines with water, electrical shorts may occur. Hence, it is advised that you should turn on TVs and computers for 3-4 hours every day.

6. Paintings should be packed in camphorwood chests

Paintings can be badly damaged by high levels of humidity. Experts suggest that paintings should be packed with newspapers first and put into sealed plastic bags. Ideally, put some camphor balls and water absorbents in with them. If you have lots of paintings, you can pack them in a camphorwood chest, which can also protect paintings from insects.

7. Do not wash heavy coats

Heavy coats should be washed only after the humid weather has passed. Light clothes can be hung indoors after being washed. Before putting washed clothes in the wardrobe, you should dry them with a blow dryer or drying machine.

4. 在浴室里放置石灰

你可以把石灰装进小布袋里，用于浴室等狭小空间的吸湿，也可以在洗衣粉袋上剪一些小洞，也能够吸收水分。淋浴之后最好拖干浴室地板，关上浴室门，以防水汽散发到房间之中。

5. 每天打开电视和电脑几小时

电视和电脑内部很容易吸尘，当积尘遇到水汽，有可能发生短路，因此天气潮湿时最好每天打开电视和电脑 3-4 个小时。

6. 将画作装进樟木箱子里

绘画作品在湿度高的空气中会受到严重损坏，因此专家建议应将画作先用报纸包起来，再放进塑料袋里扎紧，最好再放些樟脑丸和吸水剂。如果您有很多画作，可以把它们装进樟木箱子，这样也可以使它们免受虫蚀。

7. 不洗厚外衣

厚外衣最好在“回南天”过去之后再洗，薄衣服在洗完后可以挂在室内晾干，洗好的衣物在放进衣柜之前应先用吹风机或烘干机烘干。