

MOLD AND MILDEW

Mold grows on damp things such as shower curtains, bath items, tubs, basins and tiles. Moisture control is the key in limiting indoor mold growth. The moisture problem must be repaired. If the moisture problem is not gotten rid of, the mold growth will return.

What you can do?

- Clean mold or mildew with a cleaning solution made up of detergent and water. Wear gloves when mixing or applying solution. After the area has been cleaned, make sure to dry it.
- Use exhaust fans or open a window in the bathroom when showering and the kitchen when cooking.
- Fix leaky plumbing or other sources of water (faucets, pipes, roof leaks, window leaks) as soon as possible.
- Dry damp or wet items within 1-2 days to avoid mold growth.
- Use air conditioning to cool the house; evaporative coolers are not recommended.
- When first turning on home or car air conditioners, leave the room or drive the car with windows open for several minutes to allow mold spores to disperse.
- Do not use a humidifier.
- Do not install carpet and/or wallpaper in rooms prone to dampness.
- After trying to correct the moisture in a closet, leaving the closet door open will improve ventilation and may solve the problem. Also consider leaving an incandescent light on in the closet to reduce the humidity level.
- Install and use exhaust fans in the kitchen, bathrooms, and damp areas.
- Vent bathrooms and clothes dryers to the outside.
- Remove decaying debris from the yard, roof, and gutters.
- Avoid raking leaves, mowing lawns, or working with peat, mulch, hay, or dead wood if you are allergic to mold spores.

Sources:

<http://www.epa.gov/asthma/triggers.html>, Aug 2008

<http://www.epa.gov/asthma>, June 2008

<http://www.atsdr.cdc.gov/csem/asthma/treatment.html>, June 2008