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For more information about this research, kindly visit [WWW.MOTHERSANOTHERSFORCLEANAIR.ORG](http://WWW.MOTHERSANOTHERSFORCLEANAIR.ORG)
MOLD & MILDEW

THE PROBLEM

Mold and Mildew are fungi that can grow and spread in your home where there is water condensation, water build up, and water damage. Different types of mold have varying levels of toxicity, but none of them help our bodies, and many are harmful. Mold can make you sick whether it is alive or dead, so always plan to remove the mold or moldy materials. Killing mold (without removal) can leave enough dead mold to make someone sick.

WHY IS THIS IMPORTANT TO MY OR MY CHILD’S HEALTH?

Molds and Mildews in the home can contribute to...

- Allergies
- Sneezing
- Coughing
- Digestive Issues
- Wheezing
- Watery Eyes
- Fatigue
- Fever
- Headaches
- Shortness of Breath
- Light Sensitivity
- Muscle Cramps
HOW TO IDENTIFY MOLD

1. Seeing mold
Mold looks like a crusty stain on walls. If you see mold, a lot has grown and an expert is needed to remove it.

2. Flu-like symptoms
A number of issues make you feel under the weather. Stress, a poor diet, etc. However, mold is a respiratory irritant and can also make you feel sick.

3. Musty scent
A musty/strange smell that is not normal in your home can be a sign that mold has started growing.

4. Moisture/flooding
If moisture collects in a specific area in your home, mold might be growing there. Because mold grows in wet areas, a history of flooding in your home can easily lead to mold growth.

5. Headaches/nosebleeds
Headaches are a short-term effect of mold exposure. Nosebleeds in response to mold can happen, but this is rare.

6. Breathing
Molds can cause respiratory problems and difficulty breathing.
HOW TO PREVENT MOLD

All information below is summarized from the Environmental Protection Agency (EPA) Biological Pollutants’ Impact on Indoor Air Quality page.

VISIT EPA'S WEBSITE HERE:
www.epa.gov/indoor-air-quality-iaq/biological-pollutants-impact-indoor-air-quality

**Install exhaust fans in kitchen, bathrooms, and clothes dryers.**

These fans are most useful when they are vented to the outdoors. Fans eliminate the moisture that builds up in these wet areas of a house.

**Ventilate attic or crawl spaces.**

Keeping humidity in these spaces below 50% prevents mold and mildew growth. This is especially important because mold and mildew grown in these spaces affect the indoor air quality of the rest of the home—but they are not as easy to see as mold inside commonly used rooms.

**Clean Humidifiers regularly.**

The insides of humidifiers are wet environments, and this allows for the growth of mold, mildews, and other biological contaminants. Bacteria grown in humidifiers have the potential for causing disease and making disease worse. Clean your humidifier regularly according to its product manual and be sure to replace the water daily.
Thoroughly clean, dry, or replace water-damaged carpets or building materials.

Once mold and mildew grow in porous materials like carpets and other materials, they are very hard to remove. If you have odor or health issues, replacement is more likely to solve the problem than cleaning.

Keep the house or apartment clean and dry.

Keeping houses clean and dry prevents mold/mildew build up. Using central ventilation systems can help keep the house dry.

Clean the basement regularly.

Molds and Mildews that grow in basements still affect the indoor air quality of the house. Clean and disinfect the basement floor drain regularly to prevent molds from building up inside of it. Install a dehumidifier in the basement to keep humidity levels below 50%.
HOW TO CLEAN UP MOLD

If the moldy area is less than ten feet you can use the following steps to clean the mold up yourself. However, if there is extensive water damage, or if the mold covers more than ten square feet consider calling a professional and asking them to use the EPA Mold Remediation in Schools and Commercial Building Guide to clean up your home.

VISIT EPA’S WEBSITE HERE:
www.epa.gov/mold/mold-remediation-schools-and-commercial-buildings-guide-chapter-1

SELF CLEAN-UP

☐ Wear a filtered mask to help prevent the breathing of spores

☐ Wear gloves

☐ Wear goggles

☐ Turn off all plumbing around the molded area and dry the area

☐ Scrub mold off with detergent and water. Dry completely to prevent future mold growth

Note: Absorbent or porous materials such as sponges, carpets, and ceiling tiles are very difficult to clean. It is probably easier, cheaper, and safer to entirely replace these objects when they become moldy.