

GOT MOLD?



Tips for a healthy home

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WHAT IS MOLD?

Mold is a fungus that grows in areas where there is water, dampness, or high humidity. Mold can cause a musty and sour smell.

In the home, mold can be found in bathrooms and in areas with water from leaking roofs and pipes.

WHERE DOES MOLD GROW?

Mold grows in dark spaces with warm temperatures, high humidity and poor air flow. Mold can "feed" on many surfaces including:

- Paper
- Fabric
- Cellulose
- Soap Scum
- Leather
- Sheetrock
- Wood
- Upholstery
- Wallpaper
- Glue

HOW DOES MOLD AFFECT HEALTH?

Mold can cause irritation of the eyes, nose, throat, and skin. Asthma, asthma-like symptoms, allergies can be triggered by mold. Symptoms may include:

- Stuffy or runny nose
- Itchy or watery eyes
- Dry throat
- Wheezing
- Difficulty breathing
- Dry cough
- Skin rash

WHEN SHOULD YOU SEEK MEDICAL ADVICE?

Children and adults should go see a health professional if they think they have symptoms from being around mold. Testing blood or urine for mold toxins is not recommended.



GUIDANCE FOR CLEANING MOLD

- Clean surfaces, such as showers, using detergent and water.
- ‘Green’ alternatives, like vinegar, may be used on hard surfaces.
- For more cleaning safety tips, go to the EPA website at: <https://www.epa.gov/mold/mold-cleanup-your-home>

HOW TO PREVENT MOLD GROWTH

Mold spores are difficult to kill. The key to limiting mold is early detection, proper cleaning and preventing mold growth.

- Fix leaking pipes and other sources of moisture as soon as possible.
- Clean and dry damp spots within 48 hours.
- Keep indoor humidity between 30–50%.
- Allow good air flow between furniture, ceiling, walls, and floors.
- Keep heating, ventilation, and air conditioning drip pans clean and working properly.
- Large areas of mold should be removed by a professional mold remediation contractor.

More Information is available at: www.childrenshospital.org/pehc



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