



How to Prevent & Treat Mold

What is Mold?

Molds are fungi that grow both indoors and outdoors by producing spores; normally in humid, damp, and wet conditions. While mold is normally not a problem indoors, some people may be sensitive and suffer from nasal congestion, eye irritation, wheezing or skin irritations; allergic systems similar to hay fever. While uncommon, more severe systems may be experienced by those with risk factors and long term exposure to high levels of mold.

How Can I Prevent Mold?

Because mold grows best in humid or damp conditions, the way to prevent mold is to prevent moisture buildup and keep humidity levels lower than 60%. Some easy, every day steps you can take include:

Run a humidifier	Dry any condensation on windows, pipes and walls immediately	Run your air conditioner during high heat and/or humidity (if available)
Run your bathroom fan or open a window when showering	Run your exhaust fan when cooking and running the dishwasher or hand washing dishes	Keep windows and run fans (if available) when possible and outside humidity and heat are not high.

What Can I Do If I Find Mold?

It is generally not recommended that you pursue testing to identify the type of mold in your home as the most common diseases related to mold are allergies which are subjective to the individual and therefore, such tests are not reliable in determining your health risk.

Mold can be removed from hard, non-porous surfaces with commercial products, soap and water or a bleach solution of no more than 1 cup of bleach to 1 gallon of water. Always wear gloves, a mask (preferably a N-95 mask found at most hardware stores), and goggles when removing mold to prevent spore exposure. If you chose to use bleach, remember to never mix bleach with ammonia and to always follow the manufacture's instructions.



If you find mold on a porous surface like carpeting, ceiling tiles, or a mattress, the item may have to be discarded. Should you wish to keep a porous item contaminated by mold it is recommended you contact a private mold specialist.

For more information on mold and tips on how to remove it from your home, please visit <http://www.epa.gov/mold/moldguide.html> or call North Carolina's Indoor Air Quality Program at 919-707-5950