



KNOW THE FACTS

Guidance for Mold at Home

Mold is a natural part of the environment, responsible for breaking down dead leaves, and trees. Mold reproduce by releasing spores, which can float onto wet surfaces, including showers and basements in your home. Many types of mold require water or moisture to grow.

What can mold grow on?

Mold can grow on various materials containing moisture, including paper, wood, carpet, insulation, and food.

Tips for getting rid of mold

It is not possible to eliminate all mold and spores. The most efficient way to get rid of indoor mold is to clean up mold and fix any water problem.

- 1.) Scrub mold off hard surfaces with detergent and water and dry completely
- 2.) Fix sources of water leaks and completely dry damp or wet surfaces within 24-48 hours
- 3.) Absorbent materials, including carpet and ceiling tiles may have to be replaced if they are moldy
- 4.) Wear gloves, goggles, and an N-95 respirator when cleaning up mold.
- 5.) Prevent condensation by reducing humidity, increasing air temperature and ventilation.
- 6.) Consult a specialist for cleaning mold from furniture, paintings, and other sentimental items. Contact a licensed contractor or mold remediator for assistance with mold cleanup



Is mold sampling necessary?

In a majority of cases, mold or mold spore sampling is not necessary if visible mold is present. There are no set EPA or other federal standards for mold sampling to check a building's compliance.

Health risks: Indoor mold growth

Exposure to indoor mold growth can be harmful to children, the elderly, and people with respiratory illnesses. Some symptoms include:

- Sneezing
- Headaches
- Red eyes
- Dizziness
- Rashes
- Runny nose
- Asthma attacks
- Allergic reactions

Talk to your doctor if you have concerns about indoor mold growth and your health.

This sheet was adapted from information obtained from the EPA.