



MOLD AND MILDEW

Mold is ALIVE! It grows on wet or damp surfaces. It is often gray or black but also can be white, orange, or green. Mold often smells musty. Mildew is a common name for mold.

Mold produces spores, tiny specks you cannot see that float through the air. When you breathe in mold spores, they get into your lungs. This can cause health problems. Children who are sensitive to mold will have allergic reactions when near the mold. Some children will have asthma attacks.

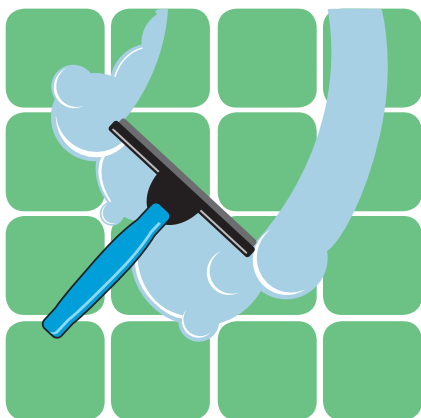
Mold is usually found in bathrooms, basements, kitchens and attics. Surfaces and items in the home that have been wet for longer than 24 hours will grow mold.



Wipe up spills and overflows right away.



Store clothes and towels clean and dry. **NEVER** let clothes stay wet in the laundry basket or washing machine.



Wipe down shower walls with a squeegee or towel after bathing or showering.

LOW COST FIXES TO PREVENT MOLD AND MILDEW

- Keep surfaces clean and dry—wipe up spills and overflows right away.
- Store clothes and towels clean and dry. **NEVER** let clothes stay wet in the laundry basket or washing machine.
- Wipe down shower walls with a squeegee or towel after bathing or showering.
- Cut down on steam in the bathroom while bathing or showering. Run a fan that is vented to the outside or open a window.
- If you have a clothes dryer, make sure it is vented to the outside.
- Throw away wet carpeting, cardboard boxes, insulation and other things that have been wet for more than 2 days.
- Don't leave water in refrigerator drip pans, basements or air conditioners.
- Use a dehumidifier* or air conditioner to dry out wet or damp areas.
- Empty your dehumidifier frequently and clean every few days with a mix of 1/4 cup of chlorine bleach with 4 cups of water.
- Run a vented fan to the outside when cooking.
- Clean out clogged gutters.
- Make sure your gutters are working to direct rainwater away from your house.
- Slope dirt away from your house's foundation.
- Repair leaking roofs, walls, doors and windows.

*dehumidifier can be rented or purchased.



HOW TO CLEAN UP MOLD



Open a window to let in fresh air while you're working.



Clean hard surfaces with dish soap and water, use a scrub brush.

1. Protect yourself when cleaning up mold. Wear long sleeves, pants, shoes, socks, rubber gloves, goggles to protect your eyes and a breathing mask. Open a window to let in fresh air while you're working.
2. Keep children, elderly, sick people and anyone with allergies or asthma away during the cleanup.
3. Wrap up anything you are going to throw away in plastic to stop mold from spreading.
4. Clean hard surfaces with a mix of dish washing soap and water. Scrub with a brush and rinse with water.
5. For stubborn mold, make a bleach solution of $\frac{1}{4}$ cup of bleach to 4 cups of water. Put in a 32 oz. spray bottle. Spray or sponge the bleach solution on the moldy area. Leave for 15 minutes. Rinse the area and dry quickly.
6. Call a professional cleaning service if mold damage is more than you can handle.



WEAR LONG SLEEVES AND PANTS



WEAR GLOVES



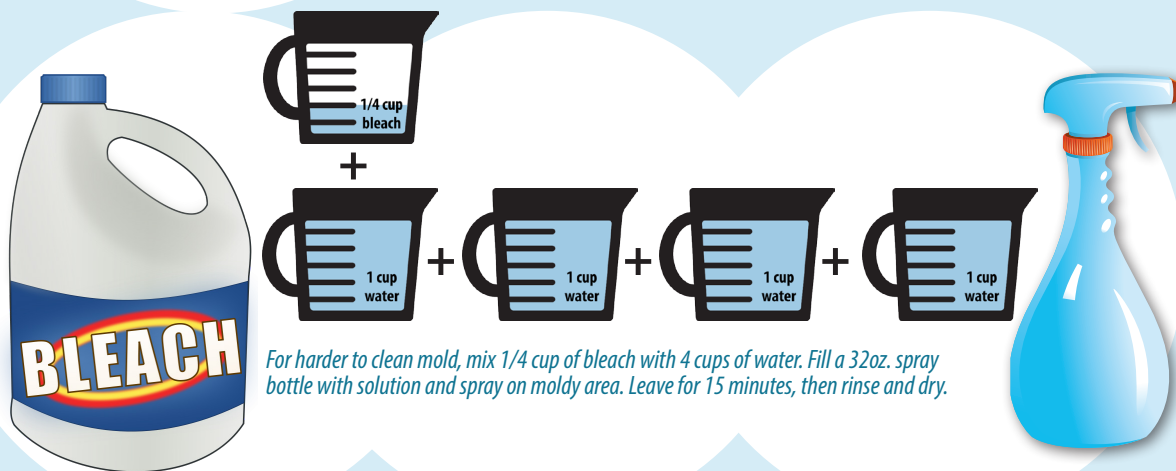
WEAR EYE PROTECTION



WEAR SHOES AND SOCKS



WEAR A BREATHING MASK



For harder to clean mold, mix $\frac{1}{4}$ cup of bleach with 4 cups of water. Fill a 32oz. spray bottle with solution and spray on moldy area. Leave for 15 minutes, then rinse and dry.

RESOURCES

For more information, contact your local Health Department or landlord.

The U.S. Environmental Protection Agency (EPA) • www.epa.gov/mold

The Centers for Disease Control & Prevention (CDC) • www.cdc.gov/health/mold.html

The Health House • www.healthhouse.org

Healthy Indoor Air for America's Homes • 406-994-3451 • www.healthyindoorair.org