

Catholic Mutual... "CARES"

TEN THINGS YOU SHOULD KNOW ABOUT MOLD

1. There are more than 100,000 species of mold. Most types that are routinely found are not hazardous to healthy individuals. However, too much exposure or certain types of mold can cause allergic reactions, asthma, rashes and other respiratory complaints.
2. There is no practical way to eliminate all mold and mold spores in the indoor environment. The only way to control indoor mold growth is to control moisture.
3. If mold is a problem, you need to clean up the mold and eliminate sources of moisture.
4. Fix the source of the water problem or leak to prevent mold growth.
5. Reduce indoor humidity (to 30-60%) to decrease mold growth by venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and dehumidifiers; increasing ventilation; and using exhaust fans when cooking, dishwashing, and cleaning.
6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.
7. Clean mold off nonporous surfaces with water and detergent and dry completely. Absorbent materials such as ceiling tiles, carpeting and padding that are moldy may need to be replaced.
8. Prevent condensation. Reduce the potential for condensation on cold surfaces (i.e. windows, piping, exterior walls, roof, or floors) by adding insulation.
9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e. by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).
10. Molds can be found almost anywhere. They can grow on virtually any substance as long as moisture is present. There are molds that can grow in wood, paper, carpet and foods.

Source: US Environmental Protection Agency