

DON'T LET MOLD INTO YOUR HOME

- ✓ If water leaks, dry the area within 1-2 days to prevent mold. Replace ceiling tiles or carpet if it gets moldy.



- ✓ Fix leaky plumbing and gutters, seal windows and doors.
- ✓ Make sure your house has vents for the dryer as well as shower areas that vent to the outside. Use the exhaust fan when taking a shower.
- ✓ Use a squeegee to wipe down the shower after each use.
- ✓ Do not carpet bathrooms or basements. You may want to have hardwood floors and rugs rather than a carpet.
- ✓ Reduce the humidity indoors to about 30-50%, a dehumidifier can be used for this.
- ✓ Try using paint that is mildew resistant in basements or bathrooms.



If you have allergies to mold, you may also develop problems when eating mushrooms, certain cheeses, dried fruits and breads with yeast.

Penicillin is a helpful mold, used as an antibiotic. It was first discovered back in 1929.

MOLD RESOURCES

EPA

www.epa.gov/iaq/molds
www.epa.gov/mold/moldguide.html
1-800-490-9198

Oregon State Department of Health

www.dhs.state.or.us/publichealth/esc/docs/mold.cfm

Centers for Disease Control

www.cdc.gov/nceh/airpollution/mold/
1-888-232-6789

Mold Information

www.moldtips.com/

Floods/Flooding

www.epa.gov/iaq/pubs/flood.html

OSHA, Mold in the Workplace

www.osha.gov/dts/shib/shib101003.html

American Industrial Hygiene Assoc.

www.aiha.org/GovernmentAffairs-PR/html/mold-consumer.htm

Asthma & Allergy Foundation

www.aafa.org//templ/display.cfm?id=421

Cheeses such as Blue Cheese and Brie get their unique flavor from mold.

Yamhill County Public Health
Asthma Program

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McMinnville, OR 97128
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503-554-7842
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Yamhill County Public Health

MOLD: THE FUNGUS AMONG US



“Mould” is derived from the Norse word *mowlde*, for fuzzy.

What is

MOLD?

Is the black stuff in your window sill dirt or could it be mildew? Mold is found almost anywhere as long as there is air and moisture. Mold, fungus and mildew are living organisms which grow and produce spores. Molds are allergens that can cause health effects in some people.

Mold can trigger an allergic reaction or asthma attack in certain people. It can cause health problems like irritated skin, eyes, nose and airways (coughing).

Other than health effects, mold can cause significant damage to whatever it grows on. Mold can cause problems even when you can't see it. It can hide behind drywall or on the top of ceiling tiles.

If you see mold, get rid of it first. Then try to find out if the area is usually damp or moist. Check for leaks around plumbing and windows, and for leaks or moisture near walls and ceilings.



HOW DO YOU KNOW IF IT'S MOLD?

There are many different kinds of mold. Small patches of mold look like specks of dirt or dust, but large amounts can either form round blobs or an even tint over a large area.

Testing mold is not recommended since it is very expensive and not necessary.



“It is more important to get rid of the mold rather than find out what kind it is.”

Mold isn't always bad. Outside your home, mold helps leaves and trees to decompose (break down) and their nutrients to be used by other living things. Without mold, our forests would be covered in dead plant material. Mold in your house is not good.

If you think you or your children are having health effects from the mold call your healthcare provider.

HOW TO GET RID OF MOLD

Mold must have moisture to grow, it cannot exist on dry surfaces. It is better to handle moldy materials when they are wet, since dry mold can release spores, which you may breathe in to your lungs. Clean with products that contain bleach. Be sure to wear a mask and gloves when using cleaning products.



If you have asthma or allergies, ask someone else to clean the mold so that you do not have to breathe the chemicals.

The EPA recommends using a wet vac if possible, and using a mild detergent and water. Bleach and water are also effective but can burn your lungs and eyes as well as irritate exposed skin. Mix 1 cup bleach to 1 gallon water for an effective cleaning solution.

