

## MOLD CLEANUP

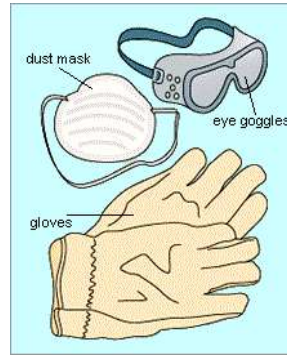
As more mold “scare stories” are featured on television shows such as “20/20” and “60 Minutes”, fears spread throughout the public. As fears spread, opportunities arise for mold remediation (clean-up) companies. Some of these may be unscrupulous. Be aware that there is no licensing for mold remediation companies – be sure to ask for credentials!

If you decide to clean the area yourself, keep the following in mind:



- Mold is a fungal plant that releases spores instead of seeds. The spores float in the air like pollen.
- **Most mold is not “dangerous”, but it can cause allergic reactions in susceptible people**, such as runny or stuffy nose, watery eyes, coughing, sneezing, headaches, or asthma-like symptoms. Allergic reactions can vary from person to person.
- Mold needs a food source, moisture and proper temperature to grow. It can live in a wide range of temperatures and has many common food sources, so **the only way to control it is to control the moisture.**

- Both living and dead molds can release spores. Dead mold may still cause allergic reactions, so it is not enough to simply kill the mold; it must also be removed.
- Be sure to protect yourself.



- Wear a mask carrying at least the NIOSH N95 rating.
- Wear plastic or latex gloves.
- Wear long sleeves and long pants.
- Isolate the area – when the mold is wetted, it will release spores into the air.



- Mist the mold-covered area with water mixed with dishwashing liquid. The dish soap will help bind the spores to the surface material.
- Cover and remove mold-covered items from the house.
- Cover registers and doors leading to other parts of the house.

- While the EPA does not endorse the use of bleach as a mold-killer, others do recommend it. If you choose to use disinfectants or biocides such as bleach, always ventilate the area and exhaust the air to the outdoors. Mix no more than 1 cup of bleach per gallon of water. Dab on molded surfaces. Let air dry. **Never mix a chlorine bleach solution with other cleaning solutions or detergents containing ammonia – toxic fumes may be produced.**
- Ozone generators are NOT a good idea for mold removal – they can be asthma triggers.
- Timbor® is a boric acid insecticide that also inhibits mold growth.
- Encapsulation (with a product such as “Kilz”) is only effective if you can keep the area dry. It only seals in dead mold.
- If venting crawl spaces or attics to remove moisture, blow air OUT to create negative pressure so moisture/mold is not forced into living spaces.
- If you cannot completely eliminate mold (if, for instance, you are a renter and your landlord is reluctant to take action), DO filter bedroom air, where you spend 8 hours a day, with HEPA room filters. A dehumidifier will also help as long as the water is dumped out regularly.
- **There is no scientific or governmental minimum/maximum standard for mold levels in a home.** Therefore a house or apartment cannot be deemed unfit for human habitation because of mold.

For more information, visit  
<http://www.epa.gov/mold/moldguide.html>

## Helpful Items



Dehumidifier



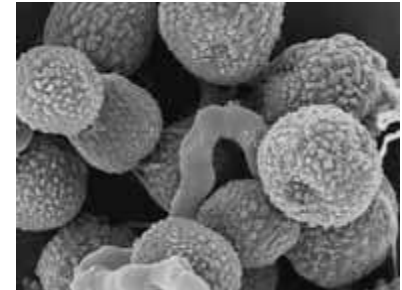
HEPA Filter



Window Fan

(blow air out so as not to force mold spores into other living spaces)

# MOLD CLEANUP IN THE HOME



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