

The background of the entire page is a close-up photograph of a textured, brownish surface, likely wood or drywall, heavily infested with various types of mold and mildew. The mold appears as dark, fuzzy patches and lighter, powdery areas, contrasting with the rough, fibrous texture of the underlying material.

MOTHERS & OTHERS FOR CLEAN AIR

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# HEALTHY INDOOR BREATHING TOOLKIT

## MOLD & MILDEW

For more information about this research, visit  
**[WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG](http://WWW.MOTHERSANDOTHERSFORCLEANAIR.ORG)**



## THE PROBLEM

Mold and mildew thrive in damp areas and can be harmful, whether alive or dead.

Simply killing mold isn't enough; removal is necessary to prevent health risks.



Mold

## WHY IS THIS IMPORTANT TO MY OR MY CHILD'S HEALTH?

Molds and Mildews in the home can contribute to...



Allergy

- Allergies
- Sneezing
- Coughing
- Digestive Issues



Watery Eyes

- Wheezing
- Watery Eyes
- Fatigue
- Fever



Muscle Cramps

- Headaches
- Shortness of Breath
- Light Sensitivity
- Muscle Cramps

1

## Seeing mold

Mold looks like a crusty stain on walls. If you see mold, a lot has grown and an expert is needed to remove it.



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## Flu-like symptoms

A number of issues, such as stress or lack of sleep, can make you feel under the weather. However, mold is a respiratory irritant and can also make you feel sick.



3

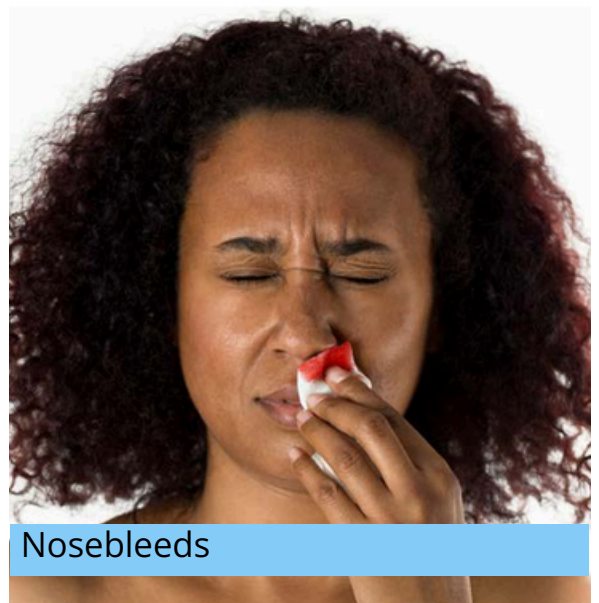
## Musty scent

A musty/strange smell that is not normal in your home can be a sign that mold has started growing.

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## Moisture/flooding

If moisture collects in a specific area in your home, mold might be growing there. Because mold grows in wet areas, a history of flooding in your home can easily lead to mold growth.



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## Headaches/nosebleeds

Headaches are a short-term effect of mold exposure. Nosebleeds in response to mold can happen, but this is rare.

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## Breathing

Molds can cause respiratory problems and difficulty breathing.

All information below is summarized from the Environmental Protection Agency (EPA) Biological Pollutants' Impact on Indoor Air Quality page.

[Click here to visit the EPA's website](#)



**Install exhaust fans in kitchen, bathrooms, and clothes dryers.**

These fans are most useful when they are vented to the outdoors. Fans eliminate the moisture that builds up in these wet areas of a house.



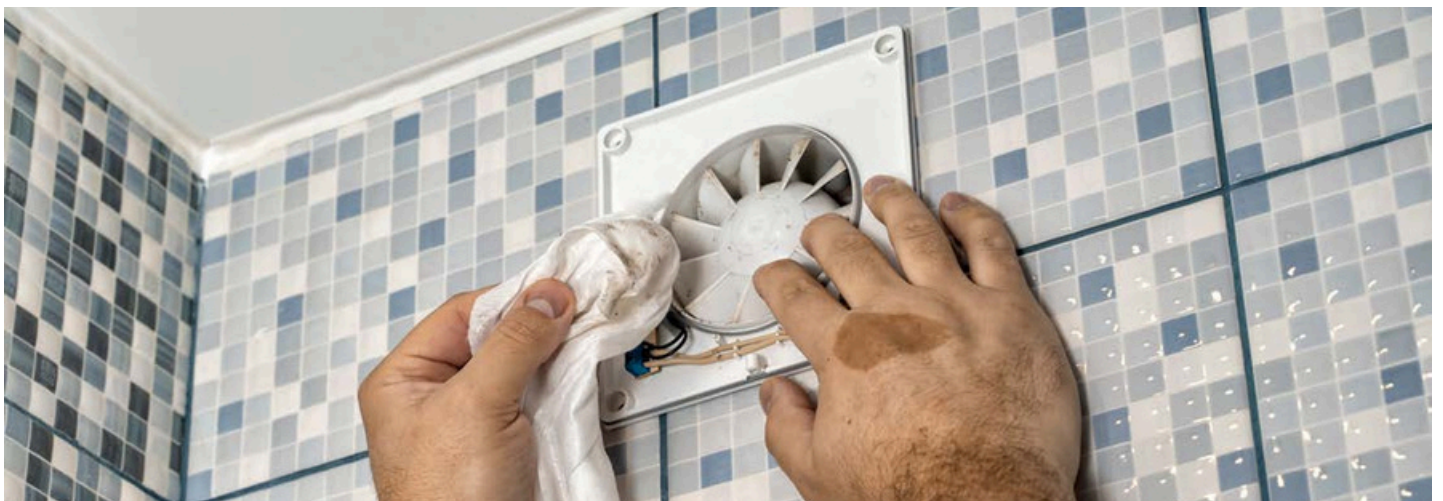
**Ventilate attic or crawl spaces.**

Keeping humidity in these spaces below 50% prevents mold and mildew growth. This is especially important because mold and mildew grown in these spaces affect the indoor air quality of the rest of the home but they are not as easy to see as mold inside commonly used rooms.



**Clean humidifiers regularly.**

The insides of humidifiers are wet environments, and this allows for the growth of mold, mildews, and other biological contaminants. Bacteria in humidifiers have the potential for causing disease and making disease worse. Clean your humidifier regularly according to its product manual and be sure to replace the water daily.





## CONTINUED



### **Thoroughly clean, dry, or replace water-damaged carpets or building materials.**

Once mold and mildew grow in porous materials like carpets and other materials, they are very hard to remove. If you have odor or health issues, replacement is more likely to solve the problem than cleaning.



### **Keep the house or apartment clean and dry.**

Keeping houses clean and dry prevents mold/mildew build up. Using central ventilation systems can help keep the house dry.



### **Clean the basement regularly.**

Molds and Mildews that grow in basements still affect the indoor air quality of the house. Clean and disinfect the basement floor drain regularly to prevent molds from building up inside of it. Install a dehumidifier in the basement to keep humidity levels below 50%.



# HOW TO CLEAN UP MOLD

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If the moldy area is less than ten feet you can use the following steps to clean the mold up yourself. However, if there is extensive water damage, or if the mold covers more than ten square feet consider calling a professional and asking them to use the EPA Mold Remediation in Schools and Commercial Building Guide to clean up your home.

[Click here to visit the EPA's website](#)

## SELF CLEAN-UP



Wear a filtered mask to help prevent the breathing of spores



Wear gloves



Wear goggles



Turn off all plumbing around the molded area and dry the area



Scrub mold off with detergent and water. Dry completely to prevent future mold growth



Note: Absorbent or porous materials such as sponges, carpets, and ceiling tiles are very difficult to clean. It is probably easier, cheaper, and safer to entirely replace these objects when they become moldy.