



Healthy Homes Training

# **MOLD AND MILDEW**



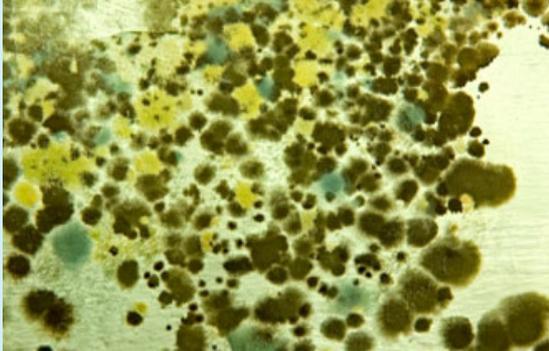
# Why Parents Should Worry



- 6 million children have asthma
- Children breathe in mold that gets into their lungs, causing health problems
- Reducing or eliminating mold is one way to reduce asthma in children



# Asthma and Allergy Triggers



Common Mold



- Mold
- Pests/Pesticides
- Dust
- Pollen
- Dander from Pets
- Cigarette Smoke
- Personal Care Products
- Others



# How Safe is Your Home



Water and moisture in the home lead to mold.

## Mold is caused by:

- Flooding
- Water leaks/overflow
- Carpets left wet or damp for over 24 hours.
- Visible moisture on walls, ceilings or windows.
- Non-ventilated bathrooms (no fan).



# Presentation Goals

- Learn health problems caused by mold
- Identify what mold looks like
- Identify three ways moisture in the home can lead to mold
- Learn methods to prevent and clean up mold



# 7 Principles of Healthy Homes



- Keep It **DRY**
- Keep it **CLEAN**
- Keep it **VENTILATED**
- Keep it **MAINTAINED**
- Keep it **SAFE**
- Keep it **CONTAMINANT-FREE**
- Keep it **PEST-FREE**



# What Is Mold?

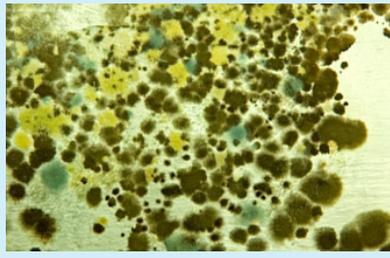
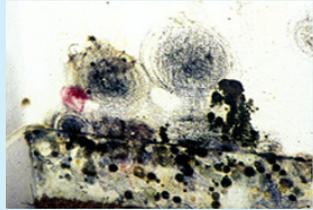


Mold Spores

- Mold grows on wet or damp surfaces, making spores that float in the air.
- Children breathe in these spores which cause allergic reactions and even asthma attacks.



# What Is mold?



- Mold is often gray, black, white, orange or green.
- Mold often smells musty.
- Mold can grow almost anywhere in your home.



# What Does Mold Cause?

- Watery eyes
- Running or stuffy noses
- Sneezing
- Itching
- Wheezing
- Trouble breathing
- Headaches
- Low energy, tired, run down
- Asthma attacks



# Most Common Rooms Mold Is Found



## Mold is found in damp places:

- Bathrooms
- Basements or crawl spaces
- Kitchens
- Attics



# Other Places Mold Is Found



Windows



Under Rugs

- Windows
- Under Carpets
- Closets
- Damp Clothes
- Laundry rooms



Closets



Laundry Room



# Bathrooms



## Mold can be found on:

- Showers
- Bathtubs
- Sinks
- Toilets
- Windows



# Prevent Mold in the Bathroom

## Mold grows from steam:



Open window to let steam out.

- Run a fan or open a window or door to let steam out.
- Wipe down showers and bathtubs with a dry towel after each use.
- Use a water and bleach solution to clean stubborn mold under sinks and toilets.
  - Mix  $\frac{1}{4}$  cup of bleach to 4 cups of water and place in labeled spray bottle.  
**Keep out of reach of children!**



# Basements and Crawl Spaces

## **Mold is caused by:**

- Flooding
- Leaks in plumbing
- Damp storage
- Foundation cracks



# Prevent Mold in the Basement



- Reduce moisture with a dehumidifier\*.
- Detect musty odors.
- Look for cracks in walls or windows where water could be leaking in.
- Throw away wet cardboard boxes.

*\* Dehumidifiers remove moisture in damp basements.*



# Kitchens



## Mold can be found:

- Under the sink.
- On and under sink countertops.
- Under refrigerator (drip pans).
- In dishwashers.



# Prevent Mold in the Kitchen

## Prevent standing water:

- Check drip pans under refrigerator often.
- Check for leaks under sinks, dishwashers and refrigerators.
- Wipe up spills on counters and floors.



# Attics



## Mold can be caused by:

- Leaking roof
- Clogged gutters
- Broken gutters

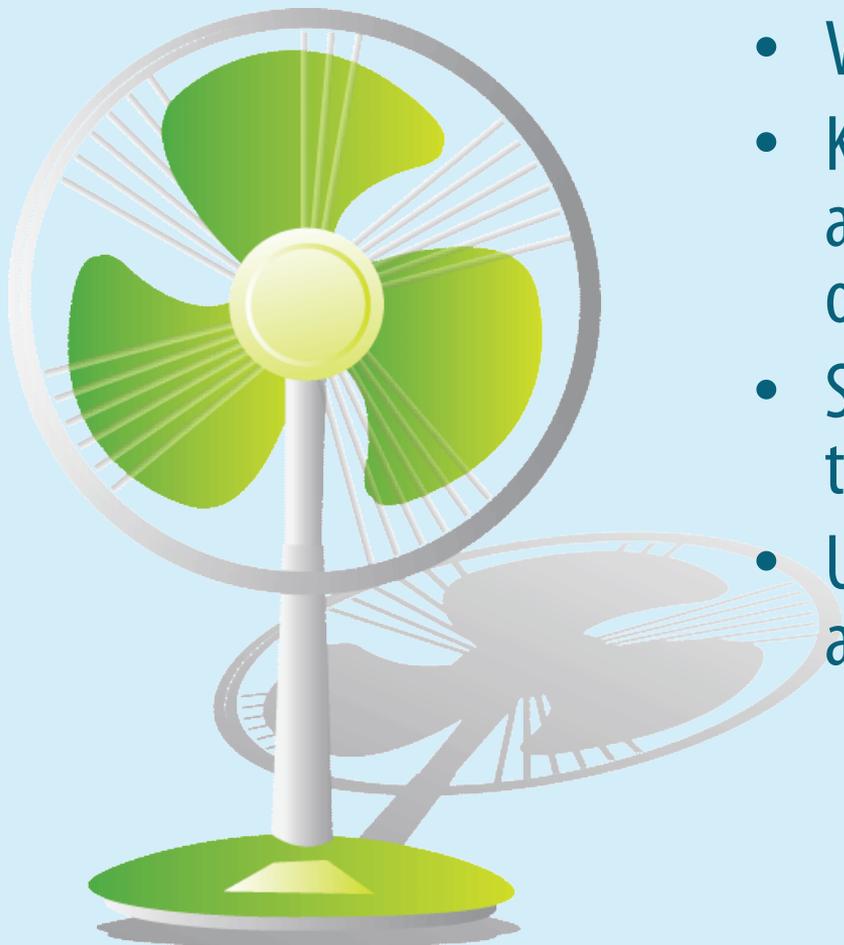


# Prevent Mold in the Attic

- Repair or replace loose or missing roof shingles.
- Empty clogged gutters.
- Repair or replace broken gutters.



# When Cleaning the Home



- Ventilate the area to be cleaned.
- Keep sick people and anyone with allergies or asthma away during clean-up.
- Scrub surfaces with soap and water to remove mold.
- Use a bleach and water solution if soap and water does not work.
  - Mix a  $\frac{1}{4}$  cup bleach to 4 cups of water. Store the solution in a labeled spray bottle.
  - Keep away from children.



# Protect Yourself



WEAR LONG  
SLEEVES AND  
PANTS



WEAR SHOES  
AND SOCKS



WEAR  
GLOVES



WEAR A  
BREATHING  
MASK



WEAR EYE  
PROTECTION

## When cleaning up mold wear:

- Long sleeves and pants
- Shoes and socks
- Rubber gloves
- Goggles
- A breathing mask (disposable)



# Always Remember

- To keep mold from spreading, wrap moldy items in plastic and throw away.
- You may need to call a cleaning service or other professional if mold issue is beyond your control.



# Conclusion

- Know where sources of moisture are coming from in your home.
- Know how to safely clean up mold.
- Use proper cleaning techniques to prevent mold.
- Contact a professional if the mold problem is more than you can handle.



# Protect Your Children



Families can reduce asthma and allergy symptoms in their children by keeping their homes dry.



# Resources

- Your landlord or health department
- The U.S. Environmental Protection Agency (EPA)  
<http://www.epa.gov/mold>
- The Centers for Disease Control & Prevention (CDC)  
<http://www.cdc.gov>
- The Health House  
<http://www.healthhouse.org>
- Healthy Indoor Air for America's Homes  
(406) 994-3451  
<http://www.healthyindoorair.org>

