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

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

Common Mold
How Safe is Your Home

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).

Water and moisture in the home lead to mold.
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 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 Carpets
- Closets
- Damp Clothes
- Laundry rooms
Bathrooms

Mold can be found on:

- Showers
- Bathtubs
- Sinks
- Toilets
- Windows
Prevent Mold in the Bathroom

Mold grows from steam:
- 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 ¼ 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.
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 ¼ cup bleach to 4 cups of water.
    Store the solution in a labeled spray bottle.
  - Keep away from children.
Protect Yourself

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