



Mold Informational Flyer

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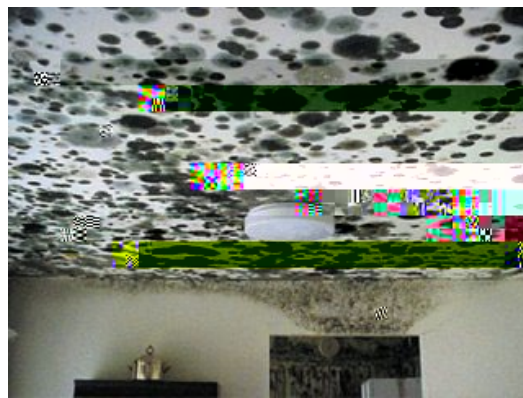
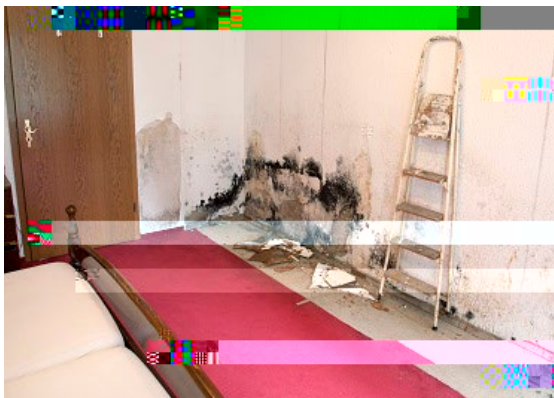
Mold can cause many health effects. For some people, mold can cause a stuffy nose, sore throat, coughing or wheezing, burning eyes, or skin rash. People with asthma or who are allergic to mold may have severe reactions. Immune-compromised people and people with chronic lung disease may get infections in their lungs from mold.

There is always some mold around. Molds have been on the Earth for millions of years. Mold can get in your home through open doors, windows, vents, and heating and air conditioning systems. Mold in the air outside can be brought indoors on clothing, shoes, bags, and even pets.

Mold will grow where there is moisture, such as around leaks in roofs, windows, or pipes, or where there has been a flood. Mold grows on paper, cardboard, ceiling tiles, and wood. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

<https://www.cdc.gov/mold/default.htm>

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Dampness results from water incursion from internal sources such as leaking pipes or external sources like rainwater and flooding. It becomes a problem when materials in buildings (e.g., rugs, walls, ceiling tiles) become wet for extended periods of time. Excessive moisture in the air, such as high relative humidity, can also lead to excessive dampness.

Sources of water incursion are often readily apparent (e.g., leaks in the roof or windows or a burst pipe). Dampness is less obvious when affected materials and water sources are hidden. Examples include wet insulation in a ceiling or moisture in building foundation due to sloping of surrounding land.

Indoor dampness can cause or worsen health problems with building occupants because it can:

- Cause the growth of bacteria and mold.
- Attract insects such as cockroaches, rodents, and dust mites.
- Cause release volatile organic compounds from wet building materials.



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Summary

The health of those who live, attend school, or work in damp buildings has been a growing concern for years. This is due to a broad range of reported building-related symptoms and illnesses. Research has found that people who spend time in damp buildings report health problems including the following:

- Respiratory symptoms such as in nose, throat, lungs
- Asthma developing or getting worse
- Development or worsening of asthma
- Hypersensitivity pneumonitis (a rare lung disease caused by an immune system response to breathing bacteria, fungi, organic dusts, and chemicals)
- Respiratory infections
- Allergic rhinitis (often called "hay fever")
- Bronchitis
- Eczema

Exposures in damp buildings are complex. They vary from building to building and in different places within a building. Moisture allows indoor mold to multiply on building materials and surfaces. People



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What is Mold?

What is Mold?

Molds are very common in buildings and homes. Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

The most common indoor molds are Cladosporium, Penicillium, and Aspergillus. We do not have precise information about how often different molds are found in buildings and homes.

How is Mold Spread?

Mold is found both indoors and outdoors. Mold can enter your home through open doorways, windows, vents, and heating and air conditioning systems. Mold in the air outside can also attach itself to clothing, shoes, and pets and be carried indoors. When mold spores drop on places where there is excessive moisture, such as where leakage may have occurred in roofs, pipes, walls, plant pots, or where there has been flooding, they will grow. Many building materials provide suitable nutrients that encourage mold to grow. Wet cellulose materials, including paper and paper products, cardboard, ceiling tiles, wood, and wood products, are particularly conducive for the growth of some molds. Other materials such as dust, paints, wallpaper, insulation materials, drywall, carpet, fabric, and upholstery, commonly support mold growth.

How to Prevent Mold

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Standards for judging what is an acceptable, tolerable or normal quantity of mold have not been

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follow label precautions.

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Some biocides are considered pesticides, and some States require that only registered pesticide applicators apply these products in schools. Make sure anyone applying a biocide is properly licensed, if necessary. Fungicides are commonly applied to outdoor plants, soil and grains as a dust or spray — examples include:

- Hexachlorobenzene
- Organomercurials
- Pentachlorophenol
- Phthalimides
- Dithiocarbamates

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https://www.epa.gov/mold/mold-remediation-schools-and-commercial-buildings-guide-chapter-3#Table_2