

# Mold and Mildew



## Health Concerns

Watery eyes, runny nose, nasal congestion, coughing, wheezing, headache and fatigue

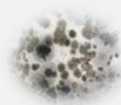


## Home Concerns

Mold can cause structural damage and may indicate that you have moisture and/or ventilation issues

## How to remove and prevent mold in the home

### Did you know?



Mold spores are commonly found in the air.

That is why the Environmental Protection Agency doesn't support testing for mold in your home.

There are no limits established for mold levels.

So how do you know if you have mold? You can see it or smell it.

Learn more:

[www.epa.gov/mold](http://www.epa.gov/mold)

### STEP 1: Inspect your home

Mold requires moisture, oxygen and a food source. Common sources of moisture are from showers, leaky pipes, leaky gutters, poor home ventilation or dripping sinks.



### STEP 2: Fix any moisture leaks

If you do have a leak or a known source of moisture, fix the problem.

### STEP 3: Remove the mold

Make a solution of water and vinegar (recipe below). Wearing gloves and a mask, spray the mold with the solution and gently scrub away with a cloth. Let the area dry completely. Repeat if necessary.

### STEP 4: Ventilate

Run bathroom fans for at least 30 minutes, or until moisture is removed after showering. Run ventilation in the kitchen when cooking, to reduce condensation. If you have a whole-house fan, consider running that to ensure moisture in the home is removed.

Still have questions? Ask them online!

[ask.extension.org](http://ask.extension.org)



### Mold Cleaner Recipe

#### What you will need

- White vinegar
- Water
- 1 squirt bottle

#### Instructions

Fill the squirt bottle halfway with vinegar. Fill the rest of the way with water, and shake to mix.