



## **Did You Know Mold Can Be a Health Concern?**

Molds are fungi that can be found both indoors and outdoors. No one knows how many species of fungi exist but estimates range from tens of thousands to perhaps three hundred thousand or more. Molds grow best in warm, damp, and humid conditions, and spread and reproduce by making spores. Mold spores can survive harsh environmental conditions, such as dry conditions, that do not support normal mold growth. Some things that indicate a high moisture level in a home or workplace that can promote mold growth are water condensation on windows, musty smells, and discoloration stains on wood or drywall.

Here are some recommendations from the CDC to help eliminate mold in your home or workplace:

- Keep humidity levels as low as you can—no higher than 50%—all day long. An air conditioner or dehumidifier will help you keep the level low. Bear in mind that humidity levels change over the course of a day with changes in the moisture in the air and the air temperature, so you will need to check the humidity levels more than once a day.
- Use an air conditioner or a dehumidifier during humid months.
- Be sure the home has adequate ventilation, including exhaust fans.
- Add mold inhibitors to paints before application.
- Clean bathrooms with mold killing products.
- Do not carpet bathrooms and basements.
- Remove or replace previously soaked carpets and upholstery.