



ADAMS COUNTY HEALTH & HUMAN SERVICES DEPARTMENT

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With Rain and Dampness, Mold Increases

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. Individuals with a decreased immune system 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.

Mold can look like spots. It can be many different colors, and it can smell musty. If you see or smell mold, you should remove it. You do not need to know the type of mold.

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold can be removed from hard surfaces with household products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.

If You Use Bleach to Clean up Mold

- Never mix bleach with ammonia or other household cleaners. Mixing bleach with ammonia or other cleaning products will produce a poisonous gas.

- Always follow the manufacturer's instructions when you use bleach or any other cleaning product.
- Open windows and doors to provide fresh air.
- Wear rubber boots, rubber gloves, and goggles during cleanup of affected areas.
- If you need to clean more than 10 square feet, check the U.S. Environmental Protection Agency (EPA) guide titled *Mold Remediation in Schools and Commercial Buildings*, which gives advice on all building types. You can get it by going to the EPA web site at <https://www.epa.gov/mold/mold-remediation-schools-and-commercial-buildings-guide>.

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