



Extension Connection

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Top 10 Facts about Mold

Molds are part of the natural environment, and can be found everywhere, indoors and outdoors. Mold is not usually a problem, unless it begins growing indoors. The best way to control mold growth is to control moisture. Molds can have a big impact on indoor air quality. Read on to learn the top 10 things you should know about mold.

1. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory complaints.
2. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.
3. If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.
4. Fix the source of the water problem or leak to prevent mold growth.
5. Reduce indoor humidity (to 30-60 percent) to decrease mold growth by:
 - o Venting bathrooms, dryers and other moisture-generating sources to the outside
 - o Using air conditioners and de-humidifiers
 - o Increasing ventilation
 - o Using exhaust fans whenever cooking, dishwashing and cleaning
6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.
7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.
8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.
9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).

10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

To learn more check out the EPA's website: <https://www.epa.gov/mold> and <https://bit.ly/1Y3Qw5e>

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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