



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Mold



Did you know?

Mold can live in any space – both indoor and outdoor – and can travel through air. Mold most often grows in dark and wet places. When mold is inhaled, some people have allergic reactions. Symptoms include wheezing, coughing, and a dry/itchy throat.



Do

- ✓ **Fix all leaks, floods and broken pipes** as soon as possible.
 - ✓ If the problem seems too complicated to fix, seek the help of a professional.
- ✓ **Clean visible mold** in small areas with soap and water as soon as possible.
 - ✓ Use a microfiber mop or cloth if possible.
 - ✓ Wear an N-95 mask, goggles without ventilation holes and gloves when cleaning.
- ✓ **On windy or rainy days** keep windows closed to ensure moisture does not enter your home.
- ✓ **Increase ventilation in damp rooms** like your bathroom by using fans and keep the door and/or window open when not in use.
- ✓ **The EPA recommends** drying damp spaces within 24-48 hours of becoming wet.



Don't

- ✗ **Don't allow moist, dark and/or humid spaces in your home:**
 - This is the mold triple- threat!
- ✗ **Do not attempt to clean** visibly moldy spaces larger than 3 ft. x 3ft. Jobs this big require a trained professional.
- ✗ **Do not use bleach** or mix bleach with other household cleaning products when cleaning.
- ✗ **Don't paint over moldy surfaces** without completely cleaning and thoroughly drying them first.



For more information, scan the code or visit
wspehsu.ucsf.edu/prescriptions-for-prevention-environmental-hazards