



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Mold



Did you know?

Mold can live in any space - indoors or outdoors- and can travel through air. Mold likes to grow in dark and wet places. When mold is inhaled, some people have allergic reactions. Symptoms of mold exposure include wheezing, coughing, and a dry/itchy throat. Long-term exposure to mold may increase risk of health problems related to how the brain and immune system work.



Do

- Fix all leaks, broken pipes, and floods as soon as possible.
 - If you can't do this on your own, find a professional to help.
 - If you see mold in small areas (less than 3 feet long and 3 feet wide), safely clean with soap and water as soon as possible.
 - Wear an N-95 mask, goggles without ventilation holes, and gloves when cleaning.
 - Use a microfiber mop or cloth if possible.
- On windy or rainy days, keep windows closed. This keeps moisture out of the home.
- Increase air flow in damp rooms like your bathroom by using fans and keeping the door and/or window open when not in use.
- The EPA [recommends](https://www.epa.gov/mold) drying damp spaces within 24-48 hours of becoming wet.



Don't

- Don't allow moist, dark or humid spaces in your home. This is the mold triple-threat!
- Don't clean large areas of mold (more than 3 feet long and 3 feet wide) on your own. Call a qualified professional! [Ask them to follow EPA's mold removal guidance.](https://www.epa.gov/mold)
- Don't use products with bleach when cleaning small areas of mold. Bleach can contain harmful chemicals and is not the best choice for mold control.
- Don't paint over moldy surfaces without completely cleaning and drying them first.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>