



Mold and Mildew Recommendations

House:

1. Reduce mold and mildew by maintaining indoor humidity below 45%. Use a hygrometer to monitor humidity. Use an air conditioner to reduce indoor humidity. Clean air conditions, humidifiers, and dehumidifiers frequently, change filters often.
2. Filter your household air. Electronic filters may be added to central forced air heating and cooling systems to trap mold spores. Room size air conditioners with high-efficiency particulate air filters may also help eliminate mold spores, increase air circulation, and reduce humidity.
3. Dust with a damp cloth at least weekly.
4. Vacuum floors instead of sweeping. Change vacuum cleaner bags frequently.
5. Avoid heavy carpets, overstuffed furniture, fabric wall coverings, textured wallpaper, and rough drapes. Use furniture with simple lines and select easily washed flooring, curtains, wall treatments (paint is preferable), and window coverings.
6. Have a non-allergic person clean attics, closets, fireplaces, and furnaces. If you must clean these areas, wear a dust mask or filter.
7. Eliminate plants, vaporizers, and aquariums from your home because they favor mold and mildew growth by raising humidity.
8. Eliminate sources of dampness to avoid mold growth.
9. Look for leaky pipes, clogged drains, or bad water drainage systems beneath the ground surrounding your home.
10. Reduce mold spores that may enter the home by reporting plants outdoors, removing piles of leaves and mulch, and cutting back trees and brush that overhang your house.
11. Place a low wattage light bulb in dark closets and leave it on to reduce mold and mildew growth.

Bedroom:

1. Keep bedrooms free of clutter, plants, fish tanks, and books.
2. Wet mop and dust the room thoroughly (including lights, closets, window sills, shelves, and molding) twice weekly.
3. Beds should have wooden or metal frames. Do not use a sofa or hide-a-bed.
4. Encase mattresses and pillows in special non-porous (i.e., vinyl or plastic) covers that can be cleaned. Be sure to seal the zippers with tape to prevent dust particles from escaping.
5. Use pillows made of Dacron or other synthetic fibers. Do not use kapok, foam, feather, or down pillows. If you sleep away from home, take your own pillow with you.
6. Wash comforters, quilts, and bed spreads frequently. Use only synthetic blankets; wash them every 10 days in hot water.
7. Keep windows closed. Use washable fabric window coverings or shades. Do not use Venetian blinds.
8. Remove all stored toys, packages, and other articles. Keep only frequently worn clothing in closets. Enclose wool clothing in plastic zipper bags.
9. Close-off outlets from a forced air furnace with aluminum foil and seal tightly or cover them with several thicknesses of damp cheesecloth. Change cheesecloth every two weeks, or use an electrostatic air filter.
10. If possible, replace carpeting with smooth flooring that can be wet mopped weekly with water and a mold retardant rinse.
11. Paint walls with a brand that contains a fungicide (listed in the ingredients on the can label). If you hang wallpaper, prime walls first with a fungicide-containing primer.
12. Closet and bedroom doors should remain closed as much as possible.
13. No smoking, no fans, no pets in the bedroom.

Bathroom:

1. Kill mold on bathroom surfaces by cleaning with a fungicide. Pay special attention to tile and areas around plumbing pipes and fixtures.
2. Ventilate your bathroom with an exhaust fan or by opening a window to reduce humidity and opportunities for mold and mildew growth.

Car:

1. Wash and vacuum inside of the car and floor mats often. Air and sun will help prevent mold.
2. Seat covers should be vinyl, not plush or woven upholstery. Use vinyl seat covers over plush or woven upholstery, if necessary.
3. Apply guidelines for controlling allergens in the house to automobiles. Animal hair, animal dander, and smoking are also problems in automobiles. Tobacco smoke is especially irritating in an enclosed area.

Note: Home and car guidelines also apply to your office. Do not allow smoking in your work place.