

# Mold

## Information Guide



Mold is a part of the natural environment, and is very common in buildings and homes where there is excess moisture. We live with some exposure to mold and mold spores all of the time. Mold exposure does not always present a health problem, however some people are sensitive to mold. Several types of mold are known to have the potential to cause or aggravate various respiratory diseases (asthma, bronchitis, allergies, etc). People with allergies can be sensitive to mold, and should take steps to eliminate the source. If you are ill because of exposure to mold, you should see a physician.

Testing is not necessarily a recommended step in remediation since mold is a natural organism occurring everywhere in the environment. Identifying the types of mold does not reduce the problem or alter corrective measures. Currently there are no Federal, State, or Local environmental or health regulations regarding mold contamination. The main solution to controlling mold growth is removing the source of moisture.

### *Proper Cleanup of Mold*

Mold can grow in areas where there is moisture and a food source, such as leaves, wood, paper, or dirt. Besides seeing mold growth, another sign is a musty smell. If you have a problem in your home, the first step is to eliminate excess moisture. Water leaks, flooding, and condensation are a few sources of excess moisture. Homes require adequate ventilation too, including exhaust fans in kitchens and bathrooms.

Once the moisture is removed, it may be necessary to look in cabinets, under carpet, or inside walls to determine the extent of mold growth. Flooded carpets should be removed. Hard surfaces can be cleaned with a mild solution of bleach and water (1/2 cup of bleach per gallon of water). If you are concerned with using bleach, scrubbing mold off a hard surface with detergent and water is also recommended by the EPA. After the surface is clean, thoroughly dry the area. If the cause of the excess moisture is not repaired, the mold could come back.

For more information about mold in your home, visit the CDC or EPA website at [www.cdc.gov/mold](http://www.cdc.gov/mold) and [www.epa.gov/mold](http://www.epa.gov/mold). If you have questions concerning mold contamination, you may contact the Tulsa Health Department at 918-595-4200.

