

Health Effects of Mold Exposure?

Mold can cause health problems. The breathing in or touching of mold spores can cause an allergic reaction in sensitive people. This includes fever symptoms such as:

- sneezing,
- runny nose,
- red eyes, and
- skin rashes.

In some cases, molds contain mycotoxins, which are toxic substances.

While the health effects of mold in buildings is a minimal health risk to most people, some are more at risk than others. These people are generally in susceptible groups like those who are:

- very young,
- elderly,
- having respiratory problems (i.e. asthma), and
- immunocompromised.



Available Online Resources:

- U.S. EPA's Guide to Mold Remediation in Schools and Commercial Buildings: <https://www.epa.gov/sites/production/files/2014-08/documents/moldremediation.pdf>
- U.S. EPA- Brief Guide to Mold, Moisture, and Your Home: <https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home#tab-4>
- Indian Health Service Division of Environmental Health Services Position Paper on Mold: https://www.ihs.gov/sites/albuquerque/themes/responsive2017/display_objects/documents/oehe/DEHSPositionOnMold.pdf
- Building Science Corporation- Mold Causes, Health Effects and Clean-up: <https://www.buildingscience.com/documents/reports/rr-0211-mold-causes-health-effects-and-clean-up/view>
- Virginia Tech- Mold Remediation: <https://www.pubs.ext.vt.edu/2901/2901-7021/2901-7021.html>

Contractors Specialized in Mold Clean-Up:

Nason's Home Solutions
(207) 991-2190

Maine Mold Inspections
(888) 530-3979

Northeast Restoration and Remolding
(207) 848-997

**Penobscot Nation Health
Department
(207) 817-7430
Open Monday-Friday
8:00 am-4:30 pm**

Mold Guide for Homeowners

- Health Effects of Mold Exposure
- How to Prevent Mold Growth
- Removing Mold from Your Home



Mold is a type of fungus. It reproduces and spreads through airborne spores. Mold can be found in high moisture environments indoors and outdoors.



Preventing Mold Growth: Limiting Moisture and Humidity

The key to preventing mold growth is limiting excess moisture and humidity in your house. Some strategies to reduce dampness in your home include:

- Quickly clean any water leaks or spills within 24-48 hours,
- Install fans in bathrooms or kitchens for good ventilation,
- Keep basement windows closed to stop warm, humid air from entering,
- Use an air conditioner or dehumidifier during humid months,
- Add mold inhibitor to paint before painting,
- Clean bathrooms with mold killing products,
- Check plumbing routinely for leaks and repair leaks quickly,
- Dry condensation or moisture collecting on windows, walls or pipes.

Removing Mold from Your Home

Step 1: Identify the moisture problem

Before cleaning mold in your home, find what is causing excess moisture. If the excess moisture problem is not fixed, the mold will grow back shortly after.

Step 2: Cleaning the Mold Growth

During any and all clean-up projects, turn off the furnace or air conditioning. The area being cleaned should be contained. Any items where the mold has grown into the surface or have been water damaged should be thrown away. Trash should be bagged in plastic before moving off site to prevent spreading mold spores and particles.



Wear a long sleeve shirt and long pants to protect your arms and legs. Personal protective equipment (PPE), such as a N-95 respirator, long gloves, and goggles with no ventilation holes, should be worn.

If you are in susceptible group or sensitive to mold exposure, have someone else clean up.

Cleaning Based on the Extent of Mold Contamination

Small Areas of Mold (Less than 10 Square Feet)

Small mold growth areas can easily be cleaned by a homeowner. Use soap and water to clean small areas of mold on walls or hard surfaces. Bleach is not recommended in most cases. After cleaning, dry area completely. Remove visible dust with a wet mop or HEPA vacuum.

Medium Areas of Mold (10-100 Square Feet)

The cleanup process is more intense for areas of medium mold growth. An experienced and skilled homeowner can clean up the medium mold growth themselves. If this is the first time you are taking on a project this size, you may want to hire a contractor. Homeowners or contractors should read the "U. S. EPA's Guide to Mold Remediation in Schools and Commercial Buildings" before starting clean up.

Large Areas of Mold (100+ Square Feet)

The mold growth is extensive and should be handled by a contractor.