

Mold and Moisture



Public Health
Prevent. Promote. Protect.
Township of Bloomfield
Department of
Health & Human Services

Mold describes any large and diverse number of fungal species that grows in warm, damp, humid conditions where there is little air movement. Mold spores are small airborne particles released by the mold for reproduction. These spores can cause respiratory issues.

The facts about mold

While mold is a part of the natural environment and occurs outdoors, mold growing indoors has the potential to cause health problems. Allergies and rashes are common reactions to mold, and mold and moisture can exacerbate the symptoms of asthma in children and adults.

Sources of mold & where you may find it in your home

- Bathrooms
- In wet or damp basements and spaces
- Around leaky sinks
- In attics under leaky roofs
- On windows & walls where condensation collects
- Under wallpaper or carpet
- In or around air conditioners

Mold may cause some health effects in individuals

- Eye and skin irritation
- Coughing
- Wheezing
- Asthma symptoms
- Hypersensitivity pneumonitis

Protective actions you can take

THE KEY TO MOLD IS MOISTURE CONTROL!

- Fix sources of moisture problems as soon as possible.
- Watch for condensation and wet spots.
- Clean and dry wet or damp spots within 48 hours.
- Throw away wet carpeting, mattresses, cardboard boxes, insulation or other things that have been wet for more than two days.
- Keep heating, ventilation and air conditioning (HVAC) drip pans clean, flowing properly and unobstructed.
- Vent moisture-generating appliances, such as dryers, to the outside where possible.
- Maintain low indoor humidity, below 55 percent relative humidity, ideally 30-50 percent, if possible.
- Perform regular building/HVAC inspections and maintenance as scheduled.

How to remove mold

- Use soap and water to scrub mold off hard surfaces (harsh chemicals are not needed). Soft, porous surfaces like carpet or furniture may have to be thrown away.
- Remember to wear personal protective equipment while cleaning mold.
- If the mold occupies more than 10 square feet, contact a professional mold remediator.
- After removing the mold, you must address the source of the moisture problem to prevent mold from growing back.