

SAY NO TO MOLD!

How to safely take care of mold in your home

WHAT IS MOLD?

- ▶ Molds are fungi that are found both outdoors and indoors.
- ▶ Molds reproduce and spread by making spores that travel through the air.

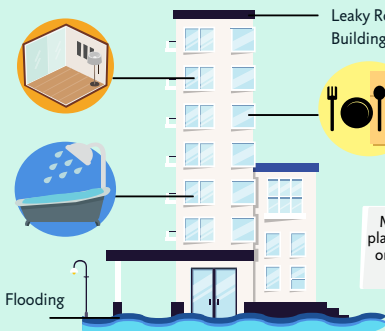
INDOOR MOLD=MOISTURE PROBLEM!

Causes of moisture:

Damaged windows

Indoor plumbing

Steam from bathroom or kitchen



Leaky Roof
Building Maintenance

Dishwasher
Sink

LOOK OUT!

Mold may be hidden in places such as behind walls or ceiling tiles and under carpets.

HEALTH EFFECTS OF INDOOR MOLD

Eye, nose, and throat irritation
Allergy symptoms



Asthma trigger



MOLD REMOVAL

- ▶ You must fix the underlying water problem (such as a leaky pipe), or the mold will come back.
- ▶ If the moldy area is 10 square feet or less, you can clean it yourself, once the underlying water problem is fixed. Follow these guidelines:

Be safe!
Use protective gear and open windows. Do not mix chemicals (like bleach and ammonia).



Do not paint or caulk moldy surfaces- it will not solve the mold problem and is likely to peel off.



Scrub mold off hard surfaces with detergent and water.

Get rid of carpet or porous tiles damaged by mold.



- ▶ Consult a building contractor or other remediation specialist if there has been a lot of water damage, or if mold covers more than 10 square feet.
- ▶ If you live in a rental, your landlord is responsible for removing the mold and fixing the source of moisture.

MOLD PREVENTION TIPS

Tip

Moisture control is the key to preventing mold.

Tip

Quickly address water leaks and floods.

Tip

Clean more frequently & increase ventilation.

Tip

Use an air conditioner to keep humidity levels low.

RESOURCES

Region 2 Pediatric Environmental Health Specialty Unit (PEHSU)



Visit <http://icahn.mssm.edu/research/pehsu> or call toll free: 1-866-265-6201.

New York City Department of Health (NYC DOH)



Call 311 if you live in NYC and your landlord does not fix plumbing leaks and moisture problems.

Environmental Protection Agency (EPA)



Visit <https://www.epa.gov/mold> for more material on mold cleanup and prevention.

Little Sisters of the Assumption (LSA)
*East Harlem residents only



Contact to see if you qualify for an environmental home visit : <http://littlesistersfamily.org/> or call 646-672-5200.



Children's Environmental Health Center



Transdisciplinary Center on Health Effects of Early Environmental Exposures

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http://www.pehsu.net/_Library/_documents/EPA_Brief_Guide_to_Mold_Moisture_Your_Home.pdf

<https://www.health.ny.gov/assets/doh/downloads/pdf/epi/healthyhome-mold.pdf>