



## Preventing Mold Growth

### KEEP IT CLEAN AND KEEP IT DRY!

- Clean surfaces and household fabrics regularly
- Fix leaks immediately
- Prevent condensation
- Prevent standing water, in basements or drip pans of refrigerators and air conditioners
- Use an air conditioner or dehumidifier to keep humidity inside below 50%
- Make sure rainwater drains away from your house
- Use fans that exhaust outside when cooking or showering
- Limit the use of humidifiers

### Your Rights As A Tenant:



You have the right to live in a safe and clean environment. Your landlord must maintain your dwelling in a fit and habitable condition. Your landlord is required to promptly repair all plumbing, heating, ventilation and air conditioning if you give written notice of the problem. In some cases, written notice is not necessary.

**IF YOUR HOUSE FLOODED AND YOU NEED MORE INFORMATION**



**Look in Your Yellow Pages and call the following agencies:**

County Health Department

Local Emergency Management office

Local Red Cross Chapter

**IN A FLOODING EMERGENCY, CALL:**



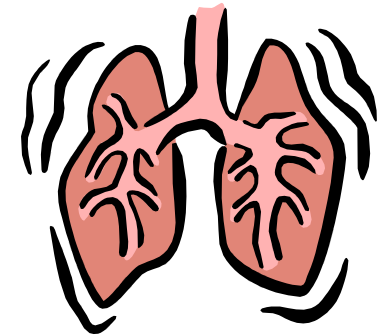
State Emergency Hotline  
**1-888-835-9966**

Federal Emergency Management Agency (FEMA)  
**1-800-462-9029**

The **Environmental Poverty Law Project** provides free legal assistance to low-income residents of North Carolina on environmental issues. For more information call:

**1-800-398-5437**

# Indoor Air Quality: How to Deal With Mold and Mildew



## Environmental Poverty Law Project

Legal Aid of North Carolina, Inc.  
122 North Elm Street, Suite 700  
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## What Is Mold & Mildew?



**Molds are microscopic fungi** that feed on plant and animal matter. Molds do not need light to grow, but thrive in damp or moist areas.

**Mildew** is one type of mold.

Exposure to **molds** can cause **coughs and congestion, eye, nose and throat irritation, headaches, nausea, fatigue, possible fevers, chest infections, and even allergic reactions such as asthma attacks or other respiratory problems.**

### What Causes Mold & Mildew?

- ! Standing water or leaks
- ! High humidity
- ! Steam from cooking
- ! Humidifiers
- ! Other sources of moisture
- ! Molds feed on leaves, wood, paper, or dirt

## How Do I Know If My House Has Mold?

- There is a musty smell
- You can see it – slimy or fuzzy, mold can be any color
- Check for water damage
- Look for discoloration of walls or other surfaces

### Where is Mold Commonly Found?

- ! Bathrooms
- ! Kitchens
- ! Basements
- ! Crawl spaces
- ! Laundry areas
- ! Windows



### Getting Rid of Mold



Start by taking these simple steps:

- Remove the water source
- Clean, dry and disinfect contaminated areas
- Dispose of moldy material that cannot be thoroughly cleaned or will not dry quickly



## Cleaning Up Mold Safely

*Be careful not to breathe in too much mold dust!*

- **Wear gloves** when cleaning and handling moldy materials 
- **Wear a respirator with filter** if you are cleaning large areas – look for a respirator that is marked “N95” at a hardware store
- **Wear protective clothing** that can be washed in very hot water or thrown away
- **First clean with a soap or detergent solution**
- **Then disinfect with a mild bleach solution** – one cup bleach to one gallon of water
- **NEVER mix bleach with ammonia!** (The fumes are toxic)
- **Dry area thoroughly** 
- **Make sure areas are well ventilated while cleaning!**

The **North Carolina Occupational & Environmental Epidemiology**, provides assistance to NC residents with questions about indoor air quality and molds. Give them a call: (919) 733-3410.