



Mold

Did you know?

Mold depends on moisture to grow. Mold can trigger asthma and allergy symptoms.

Action Plan

- Reduce moisture and increase ventilation (airflow): open windows slightly when showering, use exhaust fans.
- Consider using a dehumidifier if humidity in your home is consistently high, with a target of < 50% relative humidity.
- Fix water leaks. Renters, report leaks to your landlord.
- If you see mold:
 - Eliminate the source of moisture/water first.
 - Scrub mold from hard surfaces with soap and water. Dry completely.
 - Avoid using bleach (unless you are cleaning sewage).
 - Do not paint over mold.
 - Discard moldy objects (like carpets).
- After a flood or water leak: remove wet items and dry the area within 24 hours.
- If mold covers over 3ft x 3ft, hire a professional mold abatement company. If you rent, report mold to your landlord. If conditions are not fixed, ask your local building

[more](#) →



department or code enforcement official to inspect your home for water damage or leaks.

Resources

Learn more about identifying and getting rid of mold:

epa.gov/mold

health.ny.gov and search "Mold and your home"

For more information, visit: nyscheck.org/rxs

How to measure humidity in your home:

Low-cost humidity meters are available online and at hardware stores.

Humidity levels should be kept at 30% - 50% to prevent mold growth and dust mites.

You can lower humidity with an air conditioner or dehumidifier.



 The Franz Volhard Institute
Institute of Environmental Health Sciences
at Mount Sinai

Version: August 2023

[NYSCHECK.ORG](https://nyscheck.org)

 New York State Children's
Environmental Health Centers

 [NYSCHECK](https://www.facebook.com/nyscheck)

 [@NYSCHECK](https://twitter.com/NYSCHECK)