

Get the facts on...

MOLD

Licking County Health Department
675 Price Road
Newark, OH 43055
(740) 349-6535



WHAT IS MOLD?

- Mold is found all throughout the environment.
- It is a fungi that assists in the breakdown of organic material.
- Mold reproduces through tiny spores that can effortlessly float through the air.

WHAT DOES MOLD NEED TO GROW?

1. **Moisture:** indoor moisture sources can be from condensation, slow plumbing leaks, roof leaks, humidification systems and floods.
2. **Nutrients:** buildings often contain organic materials such as wood, paper and cloth that provide the ideal nutrients for mold to grow.
3. **Environment:** different mold species have different preferences concerning temperature, moisture needs and light.

POTENTIAL HEALTH ISSUES THAT COME FROM EXPOSURE?

Some people may experience respiratory complaints and allergic reactions after being exposed to mold. Allergic reactions may include symptoms such as sneezing, red eyes, a runny nose, headaches, irritation of the skin, nose, eyes, lung and throat. Individuals who are repeatedly exposed to mold may find they have an increased sensitivity to exposure over time.

Consult a health care professional if you are experiencing health issues or have further questions about symptoms or health effects.

HOW CAN YOU PREVENT MOLD GROWTH?

- Reduce indoor humidity. Properly vent dryers and bathrooms outside.
- Use exhaust fans when cleaning, cooking and dishwashing.
- Prevent condensation by using insulation.
- Do not carpet areas that are likely to be exposed to moisture.

Eliminating all mold in our environment is not practical. However, moisture control the best way to decrease your chances of indoor mold issues.

WHAT DOES THE HEALTH DEPARTMENT SAY ABOUT MOLD?

- Mold needs water to grow. Immediately correct the water issue causing the mold issue to discourage mold growth.
- Refer to the USEPA's guidelines to clean up mold properly. Guidelines can be found at <http://www.epa.gov/mold/>
- The Health Department does not recommend testing for mold. Mold is present throughout our environment, and there is no standard for what is considered a dangerous level of mold.
- If you have medical questions regarding mold exposure, health effects or symptoms, please contact your health care provider.

