

# Mold, Your Home, & You

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# How Climate Change Affects Mold and Asthma

- Climate change causes **more air pollution and extreme heat.**
- Air pollution gets trapped in warm city air.
- With heavy **rain and flooding,** there is more moisture indoors, which can cause mold to grow.
- This affects people with **allergies and asthma.**



# What do you know about mold?



# How does mold grow?

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## **Building materials** provide nutrients for mold

- Paper, cardboard, wood products, drywall, furniture, carpets, etc.

## **Moisture**

- For example: Water leaks, flooded basements

## **Humidity and Warmth**

- Moisture in the air increases when cooking, bathing, using a heating appliance, and other activities.

# Home & Health Facts About Mold

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Mold spores will only grow into mold in the presence of moisture

Not all mold is toxic, but can still cause allergy problems.

Mold allergy symptoms include: sneezing, itching, runny nose, congestion, and dry skin.

Homeowner insurance may specifically exclude coverage for mold-related damage.



# Prevent Dampness and Mold

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**The best way to prevent mold growth is to control moisture.**

- Use exhaust fans in kitchen and bathroom or windows, when needed.
- Remove wet carpeting from home.
- Keep humidity levels LOW—no more than 50%
  - Hygrometer (humidity meter) local hardware store \$10
  - If possible, use AC or dehumidifier



# Cleaning Mold with Asthma in Mind

Can I clean mold on my own?

Yes, if...

- The area is 3 x 3 sq.ft. or less.
- Wear an N95 mask, protective gloves, and goggles while you clean!
- Be cautious of using bleach! It can worsen asthma and other health conditions.
- Alternative, affordable, and asthma friendly cleaning solutions are available in your kitchen!





# Should I Get Professional Assistance?

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## Yes! If...

- The area is larger than 3 x 3 sq.ft.
- Mold returns after you've cleaned it
- The leak in the roof, walls, or plumbing returns or you are unable to properly fix it on your own
- You are unsure of whether you should or are able to clean and fix the mold and water or humidity concerns





# Mold Mystery

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CEILING MOLD



OR SOMETHING ELSE?



# Ceiling Mold vs. Water Marks

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CEILING MOLD



WATER MARKS



# MOLD MYSTERY

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WHITE MOLD



OR SOMETHING ELSE?



# White Mold vs. Efflorescence

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## WHITE MOLD

- Mold may appear white before it produces spores and then changes color
- Some molds are characteristically white and do not change color



## EFFLORESCENCE

- A crystalline salt deposit often seen on the surface of concrete, brick, stucco (cement plaster), or natural stone surfaces



# MOLD MYSTERY

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BLACK MOLD



OR SOMETHING ELSE?



# Black Mold vs. Soot

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BLACK MOLD



SOOT



# Other Healthy Air Tips!


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# Checking Air Quality


**Allergy Tracker** Philadelphia, PA (19104)

Tree Pollen




NONE

Grass Pollen




NONE

Ragweed Pollen



NONE



Breathing Comfort:  
**GOOD**

We can personalize your allergy forecast. Choose which pollen affects you the most.


Tree
  Grass
  Ragweed

**DAILY OUTLOOK**

Number of allergy reports via social media in your location: 58 Powered by Sickweather

POLLEN
BREATHING

TONIGHT	THU 7	FRI 8	SAT 9	SUN 10	MON 11	TUE 12
<span style="color: green; font-size: 2em;">●</span>	<span style="color: green; font-size: 2em;">●</span>	<span style="color: green; font-size: 2em;">●</span>	<span style="color: orange; font-size: 2em;">●</span>	<span style="color: green; font-size: 2em;">●</span>	<span style="color: green; font-size: 2em;">●</span>	<span style="color: green; font-size: 2em;">●</span>
GOOD	VERY GOOD	VERY GOOD	FAIR	VERY GOOD	GOOD	VERY GOOD

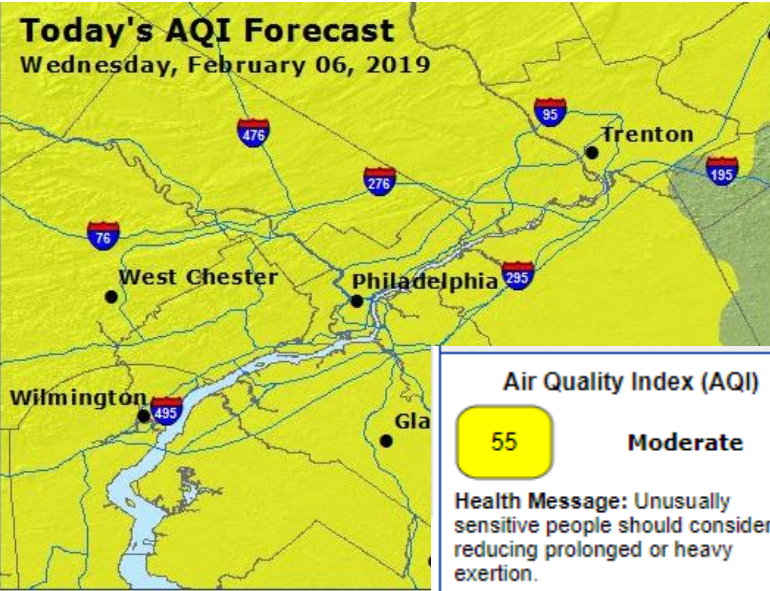


BREATHING GOOD

TEMP	41 °
HUMIDITY	89 %
PRECIP	100 %
WIND	7 MPH

- [www.weather.com](http://www.weather.com)
- [www.airnow.gov](http://www.airnow.gov)

**Today's AQI Forecast**  
Wednesday, February 06, 2019



Air Quality Index (AQI)

55

Moderate

Health Message: Unusually sensitive people should consider reducing prolonged or heavy exertion.

Good
Moderate
USG
Unhealthy
Very Unhealthy
Hazardous

! Action Day

# Air Purifying Plants

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Boston Fern



Chinese Evergreen



Spider Plant



Money Tree



Peace Lily



Snake Plant



Aloe Vera



Rubber Plant



# Additional Information

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- **211sepa.org** or call **211** or **311**
- **(215) 686-8686** (Licenses and Inspection)
- If a public drain is broken call Philadelphia Water directly at **(215) 685-6300**

Resources in your folder:

- EPA Guide to Mold and Moisture in the Home
- Local health clinics
- Asthma-Safe Cleaning Recipes (PDPH)

# Questions?