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10 Tips About Mold
Controlling mold by controlling moisture levels

by: Idan Shpizear

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As we enter the warmer part of the year, allergies become a huge problem for many people. But what they may not realize is that sometimes there's an even more irritating — and possibly deadly — airborne particle found in both homes and buildings: mold.

Mold has become such a concern because there's no practical way to eliminate it; it exists everywhere as part of the natural environment. However, indoor mold growth can be prevented or controlled, mostly by controlling indoor moisture levels.

If you are concerned about mold affecting your property and your health, here are 10 tips to keep in mind:

- 1) Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory problems.
- 2) The primary locations where mold occurs are kitchens and bathrooms, around the sinks, drywall and air ducts. Regular maintenance of these areas is crucial in mold control.
- 3) If you have a mold problem, determine the source of the water problem or leak and have it repaired and cleaned professionally.
- 4) Although nothing can substitute for using a certified expert to eliminate the problem, temporary solutions include keeping doors open, creating circulation in the area where mold is present, keeping it dry and removing anything wet as soon as possible. Your goal is to eliminate any sources of moisture.
- 5) Indoor humidity must be reduced to 20 to 40 percent to decrease mold growth. You can do this by adequately venting bathrooms, dryers and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing and cleaning.
- 6) Clean and dry any damp or wet building materials and furnishings within 24 to 48 hours to prevent mold growth.
- 7) Reduce the potential for condensation on cold surfaces (e.g., windows, piping, exterior walls, roof or floors) by adding insulation.
- 8) In areas where there is a perpetual moisture problem, do not install carpeting.
- 9) Mold grows on virtually any substance (wood, paper, carpet and foods), providing moisture is present.
- 10) When consulting with a professional mold-cleanup service, make sure the company is certified by the [Institute of Inspection, Cleaning and Restoration Certification \(IICRC\)](#). IICRC has served as the watchdog for the cleaning, inspection and restoration service industries for more than 30 years.

If you suspect a mold problem, first consult your physician if it's affecting your personal health, and then focus on eliminating the mold problem. The first step to prevention and containment is inspection by an IICRC certified expert who can assess your needs.



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Idan Shpizear is owner of 911 Restoration.

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