Molds are microscopic organisms found everywhere in the environment, indoors and outdoors. When present in large quantities, molds have the potential to cause adverse health effects.

**Health Effects of Mold Exposure**
- Sneezing
- Runny nose
- Eye irritation
- Cough and congestion
- Aggravation of asthma
- Dermatitis (skin rash)

**People at Greatest Risk of Health Effects**
- Individuals with allergies, asthma, sinusitis, or other lung diseases.
- Individuals with a weakened immune system (e.g., HIV patients).

**How to Recognize Mold**
- Sight – Usually appear as colored woolly mats.
- Smell – Often produce a foul, musty, earthy smell.

**Preventing Mold Growth**
- Remove excess moisture with a wet-dry vacuum and dry out the building as quickly as possible.
- Use fans to assist in the drying process.
- Clean wet materials and surfaces with detergent and water.
- Discard all water damaged materials.
- Discard all porous materials that have been wet for more than 48 hours.

**General Mold Cleanup Tips**
- Identify and correct moisture problem.
- Make sure working area is well ventilated.
- Discard mold damaged materials in plastic bags.
- Clean wet items and surfaces with detergent and water.
- Disinfect cleaned surfaces with 1/4 to 1/2 cup household bleach in 1 gallon of water. **CAUTION: Do not mix bleach with other cleaning products that contain ammonia.**
- Use respiratory protection. A N-95 respirator is recommended.
- Use hand and eye protection.

For more complete information:
OSHA Occupational Safety and Health Administration
U.S. Department of Labor
www.osha.gov   (800) 321-OSHA