

- Install double-pane windows or insulation to keep moisture from collecting on cold surfaces.
- Inspect and repair leaks in roofs, gutters, foundations and plumbing.
- If you rent, consider taking pictures of moisture and mold problems and documenting the situation with your landlord.
- Review *Home Moisture Problems* by the Oregon State University Extension Service.



### How do I get rid of mold?

After fixing a moisture problem, remove mold from hard surfaces by washing with soap and water and letting all washed surfaces dry completely. If you choose to use bleach, follow all label instructions, paying special attention to the precautionary statements and dilution rate. **Remember, never mix chlorine bleach with ammonia-based cleaning products because they form a dangerous gas.**



Absorbent materials such as clothing, moldy ceiling tiles and sheet rock may need to be replaced. The U.S. Environmental Protection Agency (EPA) recommends that experienced professionals clean mold problems larger than 10 square feet. Additional cleaning tips are provided in *A Brief Guide to Mold, Moisture and Your Home* by the U.S. EPA. If you rent, consider discussing clean-up options with your landlord and, if necessary, your rights as a tenant with the Community Alliance of Tenants.

### What should I do if I think someone in my family is sick from mold?

If you think that you or anyone in your household is suffering from a mold-related illness, contact a health care provider. A doctor can determine if symptoms are allergy-related. Mold spores are common both indoors and outdoors. However, when spores are present in large enough numbers they can cause health effects such as: watery eyes, runny nose, sneezing, nasal congestion, itching, skin irritation, coughing, wheezing, difficulty breathing, headache and fatigue.

### Resources

Community Alliance of Tenants. *Got Mold?*

<http://oregoncat.org/community/alliance-of/tenants/C76>

Oregon State University Extension Service. *Home Moisture Problems.*

<http://extension.oregonstate.edu/catalog/abstract.php?seriesno=EC+1437>

U.S. Environmental Protection Agency. *A Brief Guide to Mold, Moisture and Your Home.*

[www.epa.gov/mold/moldguide.html](http://www.epa.gov/mold/moldguide.html)

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats. E-mail [general.toxicology@state.or.us](mailto:general.toxicology@state.or.us), call 971-673-0440 to arrange for the alternative format that will work best for you.