



## Mold

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  $\frac{1}{4}$  to  $1\frac{1}{2}$  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:

 Occupational  
Safety and Health  
Administration  
U.S. Department of Labor  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA

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