

humidification. Wash the humidifier and change the water frequently to prevent mold growth in the unit. Occasionally clear the interior with a diluted bleach solution. Central humidifiers are common sources of mold growth, and must be checked and cleaned frequently. Very tightly insulated houses prevent the escape of moisture and thus encourage mold growth. Allow adequate ventilation.

2. In the kitchen-use an exhaust fan to remove water vapor when cooking. Molds can grow in refrigerators, particularly around the door seals. Empty water pans below self-defrosting refrigerators frequently. Be careful with stored foods, removing spoiling foods immediately. Molds grow in garbage containers, which should be emptied frequently and kept clean.

3. In the bathroom-use an exhaust fan or window to remove humidity after showering. Wash shower curtain, bathroom tiles, shower stall or tub, toilet tank and ceiling with mold killing and mold preventing solutions. Repair any damaged caulking or grout. Replace shower curtain when mold growth is noted. Do not carpet bathroom.

4. In the laundry room-vent the clothes dryer to the outdoors. Dry clothing immediately after washing.

5. In the basement-use a dehumidifier. Correct seepage or flooding problems and remove any previously flooded carpet. If a dirt floor is present, cover with a plastic vapor barrier. Keep the basement free of dust and remove moldy stored items. Avoid storage of any unnecessary items likely to harbor molds. Use a paint with a mold inhibitor, especially on brick or cinder block wall. Allergic individuals should avoid living in basement apartments or dormitories.

6. In the bedroom-Follow steps to decrease dust exposure. Ideally carpet should be removed and mattresses encased in a zippered, air tight cover. Foam rubber pillows and mattresses are particularly likely to become moldy. Window condensation can lead to moisture and mold growth on the window frame. Knobs, leather products, stuffed toys, wood panelling and wall paper paste also support mold growth, and should be avoided if possible or cleared with appropriate mold killing solutions. Mold grows well in closets, which are damp and dark. Dry shoes and boots thoroughly before storing. A low watt light bulb or a chemical moisture remover can prevent mold growth in closets. Although, indoor plants are not a major source of indoor mold spores, it is prudent to limit the number of house plants. Spores can become airborne when plants are watered, repotted or otherwise disturbed and plants increase the indoor humidity. Mold is present in the bark of wood. If using a fireplace or wood burning stove, do not store firewood inside. Live Christmas trees are best avoided. Good quality H.E.P.A. air cleaners can remove mold spores from the air. Inexpensive table top air cleaners are not effective.

7. Work and miscellaneous environments- Greenhouses, antique shops, saunas, sleeping bags, summer cottages and hotel rooms are sources of increased mold exposure. Automobile air conditioners may harbor mold. Occupational exposure to mold occurs in farmers, gardeners, bakers, brewers, florists, carpenters, mill workers, upholsterers and paper hangers.