

## How to get hold of household mold

**W**hen mold starts to grow on your food, you know it's time to throw it out.

However, you can't do that with your home. Mold is really common in residences and other buildings. There are things you can do to stop mold from moving in with you. After all, the best way to get a handle on mold is to prevent the fungus from ever showing up in the first place.



Photo above by Krblokhin, below by Maryviolet, courtesy iStockphoto

### Quick facts, no more mold:

**1** Mold can cause allergies, rashes and fever. It can also irritate your eyes and cause respiratory problems. Your immune system has to fight the mold to keep you staying healthy.



**2** Mold can appear on bathroom tiles or along your window sill. You can scrub it away with water and detergent, but if mold seeps into carpeting or ceiling tiles, it is best to replace them.

**3** Cleaning mold releases spores into the air. That's why you should wear protection when you clean it, which might include gloves, goggles and a mask.

**4** Getting rid of mold is only half the battle. You also need to figure out why mold was growing in your house in the first place. Usually it is a combination of water and humidity.

**5** Be on the lookout for leaks in your home's roof, walls, faucets and pipes. You can also call a professional to help you find water leaks and other places that cause mold.



> For more tips on preventing and cleaning mold, visit [www.cdc.gov/mold](http://www.cdc.gov/mold)