

Mold is Everywhere—Be Realistic in Controlling It

According to Michael Rubino, author of *The Mold Medic*, there is no escaping exposure to mold as it exists almost everywhere outdoors, and every time you open an exterior door or window, you let some inside.

"We are [most] concerned with the allergenic, toxigenic, and pathogenic molds that are common in areas where there are water damage events, spaces with improper waterproofing, improper ventilation, and lack of humidity controls."

"Harmful molds can be any of the following classifications:

- Allergenic: Molds that cause allergies and allergic reactions such as asthma attacks
- Pathogenic: Molds that cause health problems in those suffering from acute illnesses
- Toxigenic: Molds that produce toxic substances and can lead to dangerous or even deadly health conditions—sometimes referred to as toxic mold," he says.

The US National Oceanic and Atmospheric Administration (NOAA) [predicts wetter conditions in certain parts of the country in August 2022](#), which promotes mold growth.

What are the Health Effects of Mold? According to the United States Department of Housing and Urban Development (HUD):

Mold produces "spores," tiny particles that float through the air. These can sometimes cause health problems. Mold does not affect everyone, and different people are affected differently when mold is breathed or inhaled.

People who are allergic to mold may get watery eyes, runny or stuffed noses, itching, headaches, and they may have difficulty breathing. Mold can also trigger asthma attacks. Some molds produce toxins (poisons) that may be hazardous if people are exposed to large amounts of these molds.

What Can You do? You cannot eliminate all mold spores from a building, but you can take the following steps to prevent and get rid of mold.

Prevent it by keeping your facility clean and dry.

Fix water problems such as roof leaks, wet basements and leaking pipes or faucets.

Make sure your facility is well ventilated and always use ventilation fans in restrooms and kitchens.

If possible, keep humidity below 50% by using an air conditioner or dehumidifier.

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