

# HEALTHY HOMES



## Mold

**Mold growth indoors may be a problem. Mold may cause allergic reactions in some people. Mold may also be an asthma trigger.**

**Mold needs water or moisture to grow. Stop indoor mold growth by fixing leaks, controlling moisture, and cleaning up the mold.**

### Things You Can Do to Protect Your Family

#### Fix the Water Problem

- Correct water leaks immediately.
- Dry any water damaged items within 24-48 hours to prevent mold growth.

#### Control Moisture Sources

- Run the bathroom fan or open the window when showering and afterwards as well.
- Vent clothes dryers to the outside.
- Use a dehumidifier to keep humidity levels low in basements.

**Tenants: Report all plumbing leaks and moisture problems to your landlord. Call 311 if your problem isn't fixed.**

### Clean Moldy Surfaces

If the mold problem is small (less than about 10 square feet – roughly a 3 foot by 3 foot patch), then you can normally handle the cleanup job yourself. If you have a larger area of mold, you may need professional help.

- Remove mold with sponges or rags using a detergent.
  - Scrub mold off hard surfaces with detergent and water, and dry completely.
  - Moldy ceiling tiles, carpet and other porous materials should be thrown away.
- Dispose of any sponges or rags used to clean mold.
- If the mold returns quickly or spreads, you may have an ongoing water problem. Fix water problems immediately.
- Protect yourself: Use safety goggles and gloves. For larger jobs, consider using a respirator.

### Suggested Products

- Detergent/household cleaner
- Disposable gloves
- Disposable rags/sponges
- Heavy-duty plastic garbage bags
- Buckets
- Protective gear (goggles, rubber gloves, N95 respirator)

### For More Information

Call the New York City Department of Health and Mental Hygiene.  
In NYC, call 311 or go to [nyc.gov/health](http://nyc.gov/health)



[nyc.gov/health](http://nyc.gov/health)



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