



MOLD IN YOUR HOME?

Here's What To Do:



Feeling Sick?

Common symptoms of mold exposure:

- Respiratory problems (wheezing, difficulty breathing)
- Nasal and sinus congestion
- Eye or skin irritation
- Dry, hacking cough
- Possible fever

Consult your healthcare provider if you are concerned that mold exposure is making you or your loved ones sick!



Who is at greater risk for adverse health effects?

- Very young and very old
- Immune-compromised individuals
- Pregnant women
- Persons with existing respiratory conditions



Mold Identification

- If you can see mold, or if there is an earthy or musty odor, you can assume you have a mold problem.
- Look for signs of water damage (peeling wallpaper, brownish stains on walls/ceilings, swelling of wooden items (door, floor, furniture), dampness in the carpet/walls).
- Look underneath materials where water has damaged surfaces, or behind walls to find visible mold growth.
- If mold is confirmed, removal is advised.

How to Clean Mold

⚠ To prevent mold regrowth, it is critical to remove the source of moisture before beginning cleaning procedures.

- 🧤 Wear gloves and scrub all affected areas with soap and hot water.
- 🧼 Disinfect with bleach (1 cup of bleach per gallon of water) and let dry. Be sure to keep the working area ventilated during this process.
- 👛 Bag and dispose of any mold-affected porous materials (paper, rags, carpet, wallboard, rotten wood), as dead spores may remain and cause negative health effects.

If you have any additional questions, please contact the Arizona Department of Health Services' Office of Environmental Health at 602-364-3118 or EnvironmentalHealth@azdhs.gov.