

Mold Fact Sheet

Mold and mildew are fungi. Molds reproduce by making and releasing spores. Spores become airborne when released by the mold or by physical contact. Certain molds may also contain substances called mycotoxins that can be an irritation. High humidity (>55%) and dampness in the home can result in the growth of these microbials in heating, ventilating, and air conditioning systems (HVAC), dehumidifiers, condensate pans, damp insulation, plaster/sheetrock, and carpets.

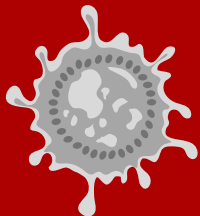
Mold can be found in:

- Carpets
- Fabrics
- Stuffed Animals
- Books
- Wallpaper

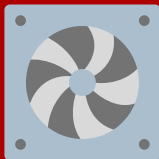
Thrive in damp spaces such as:

- Bathroom
- Kitchen
- Basement

Recommended Action:



Remove mold from hard surfaces as soon as it appears. Use soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.



Use exhaust fans in the bathroom and kitchen to vent moist air out of the house. If you do not have an exhaust fan, crack open a window or door. Do not carpet the bathroom.



Keep the humidity in your home below 50% to prevent the growth of fungi. An air conditioner or dehumidifier will help you keep the level low.

This research was conducted by the University of Louisville's Center for Integrative Environmental Health Sciences (NIEHS grant P30 ES030283). CIEHS strives to inform the public on environmental health science and build transparent relationships with surrounding communities to support healthier lifestyles. For more information regarding The Center for Integrative Environmental Health Science, please visit <https://louisville.edu/ciehs>.

