

MOLD REMEDIES



Mold growing in your home releases spores and toxins in the air. These toxins can make asthma worse. The most important thing is to keep mold from growing.

FOLLOW THESE TIPS TO ELIMINATE MOLD FROM STARTING:

- Dry damp or wet items **within 24-48 hours** to avoid mold growth.
- **Fix water leaks** (such as leaky plumbing) as soon as possible.
- **Remove or replace absorbent materials**, such as ceiling tiles and carpet, if mold is present.
- Use an air conditioner or dehumidifier to maintain **low indoor humidity**.
- **Scrub mold off hard surfaces** with detergent and water. Dry completely.
- **Replace furnace and air conditioner filters regularly!**
- **Run the bathroom exhaust fan** or open the window when showering.

MOLD KILLING CLEANING SOLUTIONS



The best mold cleaner is **detergent and water!** Detergent will break down mold and wash it away. It's very effective. Also, these products, used correctly, can kill or eliminate mildew and mold staining.

Laundry Borax: To kill mold using borax, create a borax-water solution using a ratio of 1 cup of borax per gallon of water. Wet area with cloth or spray bottle and let the solution sit for 10 to 15 minutes.

Hydrogen Peroxide: Fill a spray bottle with 3% hydrogen peroxide. Don't dilute! (You can find hydrogen peroxide in the health and beauty section of drug or department stores.) Spray and let the peroxide sit for 10 to 15 minutes. Wipe the surface with a damp cloth dampened with warm, soapy water.

No Bleach! Bleach is **no longer recommended**. Studies show it doesn't eliminate mold on most surfaces and bleach fumes can damage your lungs. Mixing bleach with other cleaners, like ammonia, can be deadly! Try other cleaners without bleach.

