

Coos Health & Wellness

Together, Inspiring Healthier Communities



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FOR IMMEDIATE RELEASE

OP-ED: Keep the Mold Out of Your Home!

Mold can be offensive to see or smell and it can be destructive to surfaces it is growing on. There can also be chronic health effects associated with mold such as watery eyes, runny nose, sneezing, nasal congestion, skin irritation, coughing, wheezing, difficulty breathing, headache and fatigue. A doctor can determine if symptoms are allergy related and decide if treatment is appropriate.

There are many varieties of mold throughout the environment. The color of a mold by itself does not determine the health risk of a mold – molds can have ill effects, regardless of their color or type. The local health department does not test for mold or inspect homes for mold. The best course of action is to eliminate the mold and its cause from the home.

Molds need moisture to grow. “Mold Control” means “Moisture Control.” If mold is a problem in your home, clean up the mold and fix the water problem. Here are a few things you could do:

- Keep indoor humidity at 30 to 60 percent. A dehumidifier may help.
- Keep ventilation systems in repair with an exhaust fan to pull moisture outside from the kitchen, shower and laundry areas.
- Allow better air circulation by moving furniture several inches away from the walls.
- Remove carpet from areas like the kitchen and bathroom where there is ongoing moisture.
- Install double-pane windows or insulation to keep moisture from collecting on cold surfaces or a portable fan may help dry an area where moisture condenses.
- Repair leaks in roofs, gutters and plumbing.
- If you rent, consider taking pictures of moisture problems and documenting the situation with your landlord.

Get rid of mold! Remove mold from hard surfaces by washing with soap and water and then make and keep dry the washed surfaces. Absorbent materials such as clothing, cloth furniture, moldy ceiling tile and sheet rock can be difficult to make clean and may need to be replaced. If the cause of the moisture is impractical to completely address it takes extra work to keep a home free of mold.

Keep your home and family safe from bad effects from mold and do what is necessary to keep the inside of your home dry and mold free.

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