

Healthy Housekeeping

Mold and Moisture

- Keep children out of basements and attics that are damp or smell musty.
- Find and safely clean off any mold you see with soap/ mold cleanser and water.
 - Be sure to check for mold:
 - In attics, basements, bathrooms, kitchens
 - where the floor meets the tub or shower
 - under the sink in the bathroom or kitchen
 - on window sills and frames
 - in closets – on shoes, purses, or leather belts
- Throw out water-damaged or musty/moldy materials like old boxes, newspaper, or leather belts and purses.
- Use exhaust fans or open windows when cooking or showering.
- Check that the soil around the foundation is sloping away from the home so that water flows away from the home. Fill in low areas with soil.
- Find and fix water leaks immediately.
 - Stains or discolorations on the wall may indicate a water or mold problem behind walls/wallpaper
 - Contact the MCDOPH if you think there are mold or water problems in an area that you are unable to easily get to.
- Have good airflow throughout the house.
- Open up windows or doors with screens when the weather is good. Occasionally keep closets open.
- Use plastic bins instead of cardboard boxes to store items.
- Empty water trays in air conditioners, dehumidifiers, and refrigerators frequently.
- Regularly check the gutters and make sure they are kept clear, drain away from the house, and are in good shape.
- If there are large moisture/water/ mold problems or you are unable to find and fix the source of the problem, contact the MCDOPH for specific help.
- Renters – Let your property owner know if you can see or smell mold, see water draining or pooling near the house, or notice a water leak inside the house.

Resources:

- **Monroe County Department of Public Health (MCDOPH)**
(585) 753-5455 or <http://www.monroecounty.gov/health>
- **The Soap and Detergent Association** <http://www.sdahq.org/>
- **Environmental Protection Agency** <http://epa.gov/asthma/molds.html>
- **Community Environmental Health Resource Center**
<http://www.cehrc.org/>