

MOLD INFORMATION ON THE WEB (current as of 3-8-22)

EPA mold information resources <https://www.epa.gov/mold>

EPA frequently asked questions about mold <https://www.epa.gov/mold/mold-frequently-asked-questions>

EPA “A Brief Guide to Mold and Moisture in your home” – PDF version of pamphlet
<https://www.epa.gov/mold/printable-version-brief-guide-mold-moisture-and-your-home>

California Department of Public Health, 2016 Statement on Dampness, Mold and Health
https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHLB/IAQ/CDPH%20Document%20Library/MoldDampStatement2017_ENG.pdf

2005 California Department Public Health Report to California Legislature on Mold
https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHLB/IAQ/CDPH%20Document%20Library/SB732-Implemntn-LegReport-Final-2005_ADA.pdf

Calif. Dept. Public Health Mold Page -
<https://www.cdph.ca.gov/Programs/CCDPHP/DEODC/EHIB/CPE/Pages/Mold.aspx>

Calif. Dept. Public Health video - “No Need For Mold Testing” <https://youtu.be/5FHxGq4YmE0>

National Academies of Sciences 2004 article -indoor mold http://www.infocusmagazine.org/4.2/hs_mold.html

National Academies of Sciences 2004 News Release on Indoor Mold and Health
<http://www8.nationalacademies.org/onpinews/newsitem.aspx?RecordID=11011>

Center for Disease Control (CDC) information on mold <http://www.cdc.gov/mold/>

CDC Printable flyer “8 Tips to Clean Up Mold” https://www.cdc.gov/cpr/infographics/00_docs/mold-cleanup.pdf

New York City information site, including remediation recommendations
<http://www.health.ny.gov/publications/7287/>

Minnesota State Dept of Health site
<https://www.health.state.mn.us/communities/environment/air/mold/index.html>

OSHA Information on mold in the workplace <https://www.osha.gov/mold>

Rhode Island general page of mold information sources <http://www.health.ri.gov/healthrisks/mold/>

[all sites checked and current as of 3-8-22]

From EPA "FAQ" re mold:

Question

How do molds affect people?

Answer

Molds are usually not a problem indoors, unless mold spores land on a wet or damp spot and begin growing. Molds have the potential to cause health problems. Molds produce allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis). Allergic reactions to mold are common. They can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold. In addition, mold exposure can irritate the eyes, skin, nose, throat, and lungs of both mold-allergic and non-allergic people. Symptoms other than the allergic and irritant types are not commonly reported as a result of inhaling mold. Research on mold and health effects is ongoing. For more detailed information consult a health professional. You may also wish to consult your state or local health department.

Question

Is sampling/testing for mold necessary?

Answer

In most cases, if visible mold growth is present, sampling is unnecessary. Since no EPA or other federal limits have been set for mold or mold spores, sampling cannot be used to check a building's compliance with federal mold standards. Surface sampling may be useful to determine if an area has been adequately cleaned or remediated. Sampling for mold should be conducted by professionals who have specific experience in designing mold sampling protocols, sampling methods, and interpreting results. Sample analysis should follow analytical methods recommended by the American Industrial Hygiene Association (AIHA), the American Conference of Governmental Industrial Hygienists (ACGIH), or other professional organizations.

Question

Should I test or sample for mold in my home using the Environmental Relative Moldiness Index, or ERMI?

Answer

No. The Environmental Relative Moldiness Index, or ERMI, developed by U.S. Environmental Protection Agency researchers, is a research tool and is not recommended for use except as a research tool.

Question

What are the basic mold cleanup steps?

Answer

1. The key to mold control is moisture control.
2. Scrub mold off hard surfaces with detergent and water, and dry completely.
3. Fix plumbing leaks and other water problems as soon as possible. Dry all items completely.
4. Absorbent or porous materials, such as ceiling tiles and carpet, may have to be thrown away if they become moldy. Mold can grow on or fill in the empty spaces and crevices of porous materials, so the mold may be difficult or impossible to remove completely.
5. Avoid exposing yourself or others to mold (see discussions: [What to Wear When Cleaning Moldy Areas](#) and [Hidden Mold](#)).
6. Do not paint or caulk moldy surfaces. Clean up the mold and dry the surfaces before painting. Paint applied over moldy surfaces is likely to peel.
7. If you are unsure about how to clean an item, or if the item is expensive or of sentimental value, you may wish to consult a specialist. Specialists in furniture repair, restoration, painting, art restoration and conservation, carpet and rug cleaning, water damage, and fire or water restoration are commonly listed in phone books. Be sure to ask for and check references. Look for specialists who are affiliated with

professional organizations.