

# Healthy Home List

## Minimum Things You Can do to Help Prevent Mold

The key to mold control is controlling moisture: Mold spores exist everywhere. Moisture and indoor temperature support mold growth. Moisture, warm temperatures and organic material are all that is needed for mold to grow. Buildings are warm and there is ample organic material in most buildings for mold to thrive. That leaves moisture as the critical factor to control mold growth. According to the EPA,  
“The key to mold control is moisture control”.

**The following will help prevent mold growth.**

*This list may not be complete for your house. These suggestions will not stop all mold problems, but they should help.*

✓ **Indoor Humidity Control:** Managing indoor humidity is the key to preventing mold growth. Restrict the use of a mechanical humidifier in your home. Winter time relative humidity should be low enough to avoid window condensation. Summer humidity must be kept low with an air conditioner and dehumidifier, especially in the basement and below grade areas. Run the exhaust fan a minimum of one hour during and after each shower, or as long as your automated system is set to run.

✓ **Maintenance of Ventilation Systems:** You must understand how to maintain and operate the ventilation system that has been installed. Always use the ventilation system as intended. Change the furnace and air conditioner filters as recommended. Clean the lint from the dryer screen after each use and make sure that the dryer vent pipe is connected, sealed and periodically cleaned. Dryers should not vent into the house or into the attic since this adds significantly to the moisture in the structure. Do not block air duct vents, heat registers or cold air returns with furniture, rugs and curtains. Adequate air flow and exchange is very important.

✓ **Exterior Surface Drainage:** Keeping water away from the foundation is the key to keeping below ground spaces and surfaces dry. Maintain a good soil slope away from your home and keep all plants at least three feet away from your foundation. Install rain gutters and keep them clean. Frequently check downspouts to direct water away from your home and keep them free from obstructions. Periodically check any sump pump. Direct sprinklers and irrigation systems to keep water away from your home.

✓ **Exterior Roof or Wall Leaks:** Preventing water from entering your home is critical for a durable and healthy house. Each spring and fall inspect your roof, shingles, and especially penetrations and flashing. Each spring and fall inspect your walls for the condition of the flashing around the doors and windows, roof connections, deck ledges, and horizontal trim. Use caution if you power wash siding and windows because this could force water into the home.

✓ **Notification:** Observe tell-tale signs of moisture such as stains or odors. If you suspect you have a moisture problem, immediately notify a professional for help. A quick response is the best solution to prevent or mitigate a moisture problem. If you plan to change or alter your home or the ventilation system, call a professional to make sure you will not jeopardize your home or ventilation system.

# Mold Stickers Available

Everyone in the construction industry is concerned about the liability of mold and water intrusion. One thing everyone seems to agree upon is that proper education of homeowners is the best solution. CMBA has created a check list for the homeowner to follow to help prevent mold problems. The check list is available on an 8 ½ x 11 sticker. You can place these stickers on the electrical box or other location where the owner of the home is sure to see it. A sample sticker is enclosed. To order stickers for your homes, complete the information below and send it to CMBA with payment.

I would like to order \_\_\_\_\_ stickers for \$1 each      Total \$ \_\_\_\_\_

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**Payment Type** (please check one):

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Signature (required): \_\_\_\_\_

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