

# Lake Region District Health Unit

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## NEWS RELEASE

**For Release:**

Immediately

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### Moisture Control is Mold Control

**Devils Lake, N.D.** - Molds are microscopic organisms that are found virtually everywhere –indoors and outdoors. Mold grows when environmental conditions are favorable. Those conditions include: a food source, the right temperature, and the presence of moisture. Exposure to damp and moldy environments may affect your health and cause a variety of health effects, or none at all. If you can see or smell mold, a health risk may be present.

**Is it black mold? Do you need to know the type of mold present?** Since the effect of mold on people can vary greatly, either because of the amount or type of mold, you cannot rely on sampling and culturing it to know your health risk. Also, good sampling for mold can be expensive, and standards for judging what is and what is not an acceptable quantity of mold have not been set.

**If mold is growing in your home, what do you do?** If mold is growing in your home, you need to clean up the mold and fix the moisture problem to prevent future growth. Wearing gloves and a mask, scrub the area with soap and hot water (Use a stiff brush if needed). Rinse the area. After cleaning and rinsing is complete, you may follow up with a bleach solution –*up to one cup of bleach in one gallon of water*. Allow the areas to dry, but make sure the area is kept wet for 10-15 minutes to kill the mold (The bleach may need to be reapplied if it dries too soon, such as with wood surfaces.) *The moisture level should be less than 16% before re-installing sheetrock, covering the floors or other surfaces, or painting.*

**How can you prevent future mold problems?** You can control mold growth by:

- ✗ Promptly fixing leaky roofs, windows, and pipes;
- ✗ Thoroughly cleaning and drying after flooding;
- ✗ Ventilating shower, laundry, and cooking areas; and
- ✗ Controlling the humidity levels (30-50%) with an hygrometer

For more information, go to [www.cdc.gov/mold/](http://www.cdc.gov/mold/), or <http://www.ndhealth.gov/AQ/IAQ/>. You may also contact the Lake Region District Health Unit -Environmental Health Division at (701) 662-7035.