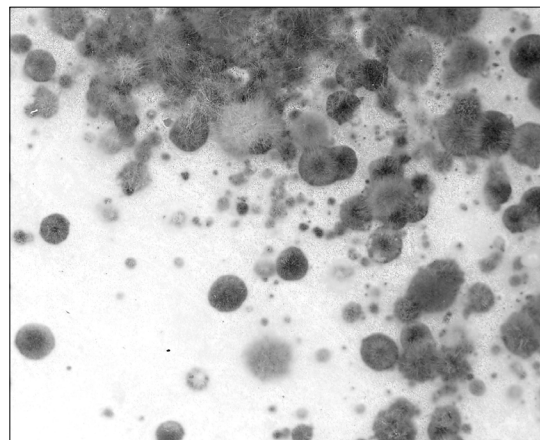


Mold control

Mold control

Molds are a fungus that are widespread in nature. They are recyclers — they rot organic matter and turn it into dirt. Total avoidance is difficult, but a number of precautions can be taken to limit exposure. Molds give out fine spherical granules called spores which become airborne and settle on organic matter and germinate when conditions are favorable.



Outdoors

- Avoid dead decaying vegetation, raking leaves, hay, grass smuts, mushrooms, etc.
- Avoid traveling in rural areas after a harvest.
- Clean dense vegetation and decomposing leaves from around living and working quarters.
- Camping in woods, swimming in lakes, and hay rides can expose you to molds.
- Avoid grain handling operations, contact with feed barns, silos, and hay stacks. If you must work in moldy places, air them out before you go in, and stay in for the shortest time needed.
- People who are heavily exposed to molds in barns, silos, grain bins, or are around hay, can use battery operated helmets to keep molds out of their air. Molds or animal protein can cause not only allergy and asthma, but also irreversible, life-threatening lung scarring called Farmer's Lung.

Indoors

- If your house smells musty or moldy, look for the source. Mold grows in damp, dark areas with poor circulation on organic matter, including basements, crawl spaces, and attics. If there is moisture and too much humidity in the basement (walls sweat), use a dehumidifier to reduce it.
- Make sure your home's roof gets enough sun (4 to 5 hrs/day) and that air moves around well. Remove trees that block the sunlight if necessary.
- Make sure your attic space is well ventilated and there is no moisture collection in the insulation.
- Bathrooms may grow mildew and mold because of moisture. Let air circulate through the bathroom. Change and wash towels and mats frequently.
- Mildew can grow on common household items such as shower stalls, draperies, wallpaper, luggage, shoes, gloves, and stored clothing.
- Raw cotton (kapok) used as stuffing for mattresses and upholstered furniture can grow mold, as well as wool and hemp. Wash these items and dry them completely before use, and sprinkle with Borax to prevent mold growth if needed.
- Molds can grow under carpets, too. Carpets should preferably be glued rather than tacked.
- Indoor plants can breed mold in their dirt base. If you see a lot of mold fuzz on the dirt, remove it and cover the dirt with glass beads or marbles.
- Certain workers are occupationally exposed to mold spores. People who work in saw mills, dusty factories, furniture factories and farmers should lay their work clothes, shoes, and other personal items outside.

More on reverse ...



Mold control

Cleaning

- Dilute 1 oz. of Zephiran chloride with 1 gallon of water. Use this solution to remove indoor molds.
- Borax liquid or powder is a mold retardant. Sprinkle Borax on moldy basement walls and corners.
- All appliances like humidifiers, dehumidifiers, and air-conditioners should be serviced to remove accumulated molds, which can cause recurrent pneumonia.
- Waterbeds need care. Follow the provided instructions to prevent mold growth in the water.
- Mold-resistant paints and wallpaper should be used whenever possible.

Treating mold allergy

Skin or blood testing can determine if a particular mold is prevalent, and then that specific mold can be treated. Common molds:

1. Alternaria
2. Aspergillus
3. Cladosporium

Resources

- Antifungals (chemically sensitive people should stay away from these)
- Impregon solution to be diluted and sprayed
- X-14 spray
- Lysol spray or solution
- Zephiran chloride — one ounce/gallon water may be applied to walls and ceilings
- Dri-Z-Air crystals — 2 lbs. dehumidifies areas up to 1,000 cubic feet

