

# Mold

## Health effects and what you can do



### Where Mold May Grow



### Possible Health Effects



Watery Eyes



Cold-Like Symptoms



Dizziness



Wheezing & Asthma Attacks

### Prevent Mold



#### Ventilate

Run fans or open windows when cooking and during and after showering



#### Keep Home Warm

68 degrees is good to prevent mold. Avoid humidity higher than 50%



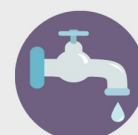
#### Store Clothing Dry

Open closet doors to allow airflow



#### Maintain Dryer Vents

Make sure the dryer vents to the outside and don't disconnect the vent for heat



#### Fix Leaks

Inspect the exterior and plumbing to make sure water is not getting inside



#### Move Furniture

Pull furniture at least 3 inches away from walls

## Cleanup and Removal of Mold

You'll Need:



Filter mask



Gloves



Detergent



Water



Paper towel or cloth rag

Scrub mold off hard surfaces with detergent and water and dry completely.

You can try washing clothing and bedding to remove mold. You may have to throw sofas, mattresses, and other upholstered furniture away.

What Tenants Should Do	What Landlords Should Do
Run an exhaust fan or open a window during and after showers.	Make sure the exhaust fan in bathroom works well, the air is blown directly outside, and any leaks are sealed.
Make sure your dryer vents to outside through a duct that's open all the way. Don't disconnect the vent for heat.	Inspect exterior of unit regularly to make sure water is not getting inside
Run the exhaust fan above the stove if it leads outside, or open a window when cooking.	Make sure exhaust fan in kitchen works, and seal any leaks in ductwork.
Keep a lid on open boiling pots	Make sure any foundation vents (if any) are open, except when weather is so cold that water pipes may freeze.
Leave at least 3 inches of space between heavy furniture and walls.	
Don't cover windows with blinds or curtains during the day in cold weather.	
Store clothing dry, and leave closet doors open.	
Submit a work order.	

## Resources

### Multnomah County Environmental Health

503-988-7861

[web.multco.us/health/keeping-your-home-healthy](http://web.multco.us/health/keeping-your-home-healthy)

### Community Alliance of Tenants

Relocation funds for tenants in City of Portland

503-288-0130

[oregoncat.org](http://oregoncat.org)