

IS YOUR HOME ALLERGY-PROOFED?

by Maria Concepcion, MPA, MA

LET'S TALK MOLD... Yes, mold can be good — it's essential in making brie and penicillin— but it can also be very bad, especially when it grows undetected in, and around your home.

Remember that mold grows inside of your home, as well as outdoors; therefore, while efficient windows and walls can save you in utility bills, they also tend to trap allergens and humidity inside. If you don't take simple preventive measures, it can allow mold to grow in your home, which is a health hazard for your family.

GENERAL MOLD-PROOF RULES

- 1. Identify problem areas in your home and correct them.** You can't mold-proof your home, but you can make it mold-resistant.
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKFWOg2K>
- 2. Dry wet areas immediately.** Mold can't grow without moisture, so tackle wet areas right away.
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKFhsgOl>
- 3. Prevent moisture with proper ventilation.** It may be that your routine domestic activities are encouraging the growth of mold in your home.
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKFxkMW4>
- 4. Equip your home with mold-resistant products.** Building a new home or renovating an old one? Use mold-resistant products like mold-resistant drywall or mold-resistant Sheetrock, and mold inhibitors for paints.
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKG4yrcQ>
- 5. Improve air flow in your home.** According to the EPA, as temperatures drop, the air is able to hold less moisture.
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKGmcAQ7>
- 6. Keep mold off household plants.** The moist soil in indoor plants is a perfect breeding ground for mold,
Read more: <http://www.mnn.com/your-home/at-home/stories/how-to-prevent-mold-9-tips#ixzz3eKHeVxL>

Take these simple precaution measures to keep your home- and surrounding areas - from becoming an allergy producer.

BEDROOMS



Get an anti-allergy mattress and pillow covers – to keep mites and other critters away from your bed.

Vacuum all carpets, area rugs, fabric window covers and any throw pillows in your bedroom – to prevent dust buildup.

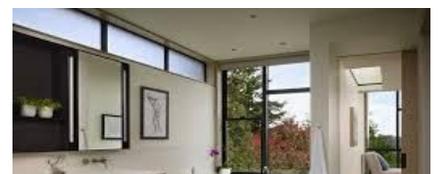
Wipe down blinds with anti-mold solution.

Vacuum all carpets, area rugs, fabric window covers and any throw pillows in your bedroom – to prevent dust buildup. According to the experts, carpets should be vacuumed once per week because we constantly walk on them, which increase the chance of getting dirty with our shoes and/or feet. Other pillows and window covers

may be done every 4 weeks.

Wipe down blinds with anti-mold solution. This should be done once per quarter, or once every other month, depending on the window blinds location, how often they are open.

BATHROOM



- ❖ Always clean the shower curtain and tiles of the entire bathroom – remember to use a mold-killing solution
- ❖ Always use the exhaust fan and open the window a little bit to avoid humidity and mold

KITCHEN



Always use the exhaust fan; especially if you have a gas stove. Exhaust use will also minimize asthma from flaring up
 Use mold cleaning solution or vinegar with water to clean dirt and stains and dust every day from kitchen counters and all other tiled surfaces
 When remodeling, avoid heavily textured tiles because they retain more moisture.

LIVING AND DINNING ROOM AREAS

- ❖ Take off your shoes at the front door and leave them on a plastic tray to catch all moisture, dirt and dust. Clean the tray weekly, at least
- ❖ Move the furniture when you vacuum (once or twice a week) to avoid dust and dirt accumulation
- ❖ Avoid wall to wall rugs and limit the area rugs with long/high threads to avoid mites - (especially if you have small children or pets)
- ❖ Use cheese cloth to cover air conditioning vents
- ❖ When painting, use “bio-paint” – these inhibit mold



OUTDOOR PATIO



- ❖ Clean all gutters
- ❖ Check roof for leaks
- ❖ Check for gaps in your aluminum or plastic siding – these can let moisture in
- ❖ Look for mold on patio floor corners, deck and outdoor furniture
- ❖ Check for water accumulation in flower pots – drain them to avoid mosquitos and other critters
- ❖ Clean all leaves from all surfaces because they attract mold