



# COUNTY OF MONTEREY HEALTH DEPARTMENT

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Administration    Animal Services    Behavioral Health    Clinic Services  
Emergency Medical Services    Environmental Health    Public Administrator/Public Guardian    Public Health

## Mold and Dampness

Mold produces allergens and can cause health problems. Although mold is naturally found in the indoor environment, it won't grow without moisture.

### Take steps to control mold and moisture indoors:



Reduce humidity. use exhaust fans or open windows in kitchens and bathrooms and use air conditioners or dehumidifiers as needed.



Prevent condensation by reducing humidity, increasing ventilation, or raising the indoor air temperature.



Completely dry any damp or wet surfaces within 24-48 hours and fix the source of the water problem or leak

Fix dampness and mold problems as follows

- Identifying and correcting the source of any water that may allow mold to grow
- Rapid drying or removal of damp materials
- Cleaning or removing mold and moldy materials as rapidly and safely as possible
  - Mix household cleaner (without ammonia) with hot water and scrub
  - Wear gloves, use a stiff brush or cleaning pad on block walls
  - Rinse clean with water
  - Disinfect area with solution of water and bleach (1/2 cup bleach per gallon of water) Ensure windows are open & **NEVER MIX BLEACH WITH AMMONIA, THE FUMES ARE TOXIC.**
  - Allow the disinfecting areas to dry naturally for 2-3 days to kill all the mold
  - Note: if a moldy area is simply bleached, cleaned, or painted over—without fixing the source of the dampness—the mold is likely to grow again.



## SHOPPING LIST FOR CLEANING

# MOLD

### IN YOUR HOME AFTER A FLOOD

#### Essential List of Items for Cleaning Mold:

- Bucket
- Stiff bristle brush
- N-95 respirators, or ones that provide more protection (check packaging for "N-95")
- Goggles
- Protective rubber gloves
- Waterproof rubber boots
- Dish detergent
- Household bleach

#### Other Items That Can Be Helpful:

- Wet/dry vacuum
- Large plastic trash bags
- Towels (not fancy)
- Paper towels (for light cleanup and washing your own hands, etc.)
- Large plastic resealable bags for precious items
- First-aid kit
- Bottled drinking water

## BE SAFE WHEN CLEANING UP MOLD!



Designate a safe, mold-free area outside of the mold cleanup area for first aid, personal hygiene, and storing/accessing food and water.



When working in areas with mold, wear a N-95 respirator and wear protective gloves, boots, and clothing. Be sure to follow the instructions for wearing the respirator.



Wash your hands thoroughly after mold cleanup, and change your clothes after working on mold cleanup activities.