

# Preventing

**There are several steps you can take to prevent mold in your home:**

- Regularly look for and fix leaks in roofs, windows, and pipes
- Keep humidity in your home low (between 30% and 50%)
- Use exhaust fans that vent from the kitchen and bathroom to outside the home
- Make sure the laundry dryer has a vent to outside the home
- Avoid using carpeting in high moisture areas like the basement and bathrooms
- Clean and dry everything as quickly and completely as possible after flooding



# Testing

**It is not recommended by the CDC that you test your home for mold:**

- Any amount of mold should be removed, no matter how much or how little there is
- There is no defined limit or threshold of how much mold in a home is acceptable, so knowing the amount of mold is not helpful
- Every person has a different reaction to different molds, so knowing the type of mold is not helpful

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# MOLD

IDENTIFICATION,  
TREATMENT, &  
PREVENTION

Sheboygan County  
Division of Public Health  
June 2023

# What is Mold?

Mold is a fungus that reproduces from tiny spores. While mold comes in different colors, the color does not indicate how dangerous it is. "Black mold" is a type of mold that produces toxins, but it is not common in homes. Any mold in your house that is black is likely not toxic.

## In the Home

Mold enters the home through windows, clothes, the AC, and other links to outdoors. Mold grows in excessive moisture, so if mold is in your home it likely because of a leaky roof, window, or pipe. Mold can live on a variety of surfaces including paper products, wood products, dust, paint, insulation, fabric, carpet, and upholstery.



# Health Effects

If you suspect that you are sick because of exposure to mold, see a doctor for proper diagnosis, treatment, & advice

## Symptoms of Exposure:

- None - some people don't have a reaction
- Stuffy nose
- Wheezing
- Shortness of breath
- Itchy or irritated eyes or skin
- Fever



## Risk Factors:

- Allergies
- Immune suppression
- Lung disease
- Chronic respiratory disease
  - COPD, asthma, etc



Mold has **NOT** been causally linked to idiopathic hemorrhage, memory loss, or lethargy. If you have these symptoms, it is unrelated to mold.

# Cleaning

Small amounts of mold on a hard surface can be cleaned using...

- Soap and warm water
- Less than one cup of bleach in one gallon of water
  - NEVER mix bleach with ammonia or other household cleaners



## Removing

Even dead mold can cause a reaction, so it is important to remove ALL mold that cannot be easily wiped away:

- Fix the water/moisture problem to prevent mold from returning
- Remove everything with mold (furniture, drywall, carpet, etc)
- Clean and dry the effected area
- Replace the removed items
- Avoid and section off the moldy area during removal