

## **10 Tips to Protect Your Home from Mold Growth**

By Brian Kearney, Owner of Neponset Valley Construction

Mold spores are commonly found inside the home and on the surfaces of clothes, furniture, and walls. Indoor spores have a tendency to originate from outdoor sources. Most people are exposed to small amounts of mold daily without any evidence of harmful side effects. Humidity level should be between 30 percent and 50 percent, but no more than 60 percent. In order to help protect your family from dangerous mold growth follow these tips:

- 1.) Have your roof inspected for leaks. Mold can rot away entire rooms of your house if a leak remains uncared for. It's worth it to have a license professional to check your roof once each year to ensure you are protected.
- 2.) Use air conditioners and dehumidifiers and avoid blocking air conditioning vents. Set your air conditioning thermostat to automatic in order to prevent the circulation of humid air. Avoid heaters and air conditioning without proper ventilation
- 3.) Always use exhaust fans when cleaning, dishwashing, and cooking.
- 4.) Use the fan each time you shower, in addition (and in warmer weather) you can also crack the window to let the steam escape.
- 5.) If a room is especially small with poor ventilation you can repaint it with a coat that includes mold inhibitors.
- 6.) Never install carpet to damp areas like the bathroom and basement.
- 7.) Increase ventilation by installing crawlspace and vents in your attic.
- 8.) Use an air purifier and change the filter on schedule.
- 9.) Remove standing water. Mold can easily grow in small places such as in pools under household plants. These harmful microorganisms can become airborne over time.
- 10.) If you do incur water damage in your ceiling, walls, or basement remove anything wet and if it can't be properly dried it needs to be disposed.

If mold is growing inside a home under unsanitary conditions it poses serious health risks to your family; ideally the Young children, elderly people, asthmatics, those with weakened immune systems, and people suffering from allergies, asthma, or sensitivity to chemicals are especially susceptible to the dangers of mold spores.