



EDUCATION. PREVENTION. REMEDIATION.

What is mold? Molds are microscopic organisms that grow naturally—particularly in warm, damp, humid conditions where there is little air movement. There are hundreds of thousands of variations of mold, and it can grow anywhere: on walls, ceilings, carpets, or furniture.

Often referred to as “mildew,” it is impossible to create an entirely mold-free space. However, you can control the amount of mold in your environment by taking the appropriate preventative measures.



MOLD BASICS

Molds are living organisms that grow in damp places in your home. Humidity or wetness, caused by water leaks, spills from bathtubs or showers, or condensation can cause mold to grow where you live.

Mold produces "spores," tiny particles invisible to the naked eye, that float through the air and can sometimes cause health problems. Mold does not affect everyone, and different people are affected differently when mold is breathed or inhaled. People with allergies to mold may experience:

- Watery eyes
- Runny/stuffed nose
- Headaches
- Itching
- Difficulty breathing
- Asthma attacks

TO PREVENT OR GET RID OF MOLD

It is important to clean mold right away as it will cause property damage and can aggravate allergies. To prevent mold:

- Keep your home clean and dry.
- Clean up spills or react to water leaks quickly and seriously. (When an area is dried within 48 hours of a leak, mold will not grow!)
- Dry the condensation or moisture that collects on windows, walls or pipes.
- Ventilate areas that produce moisture, including bathrooms, stoves, and kitchens.
- Use fans and windows for ventilation.
- Use a dehumidifier to keep indoor humidity low.
- Dry floor mats regularly.

WHAT TO DO IF YOU SUSPECT MOLD

If you notice any of the following problems, please call the UC San Diego HDH Customer Service Center immediately:

858.534.2600

- Plumbing leaks, standing water, or any unidentified sources of moisture
- Musty odors or patches of out-of-place color (Note: mold may appear green, gray, black, pink, or purple in color.)
- Water stains or colored, fuzzy growth on and around ceilings, walls, floors, windowsills, and pipes.



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