

The Truth About Mold In Your Home

Mold is everywhere, but letting it run wild in your home can lead to big problems. Here are some facts about where it can be found, what it can do to you and how to deal with it.



Where Is Mold Commonly Found?



Kitchen

Check under your refrigerator and sink, because water may drip and go undetected for a long time. This creates a perfect breeding ground.



Bathroom

The area around your bathtub or shower can be an ideal place for mold to grow, especially if your caulking is old. Plumbing behind your walls also may be leaking, which can cause mold to grow unchecked.



Basement

If your basement or cellar has a tendency to flood, there's a good chance mold might be growing down there. Storing cardboard boxes in this area may cause them to become damp and turn into a food source for spores.



Other Rooms

Air-conditioning units can create condensation, which could soak into surrounding walls and window frames. Carpeting that becomes wet may become a host for mold. Essentially, anywhere water can soak into wood or paper is a potential danger for mold growth.

Can Mold Cause Health Problems?



Runny nose

Breathing in spores can cause an inflammatory response in your sinuses, leading to symptoms similar to hay fever.



Asthma

People with asthma may experience a worsening of their symptoms due to mold exposure.



Difficulty Breathing

When mold spores reach the lungs, they may trigger an inflammation of the bronchi, resulting in a feeling of congestion.



Nosebleeds

People may become more susceptible to nosebleeds if they breathe in air contaminated by mold.



Serious Issues

For those who have compromised immune systems or chronic respiratory diseases, mold could turn into a serious health hazard. This is because exposure may cause their existing conditions to become worse or more dangerous.

How Can You Prevent and Remove Mold?

Professional Remediation

If you discover large areas of mold infestation, the best way to deal with it is to call in professionals. A reputable remediation company will have the right air-purifying and cleaning equipment to remove as much as possible and prevent mold from returning.

Home Remedies

For small sections affected by mold growth, you may be able to clean them yourself. Scrub the areas with a mixture of bleach and water, and be sure to wear old clothes that you can wash once you're done. Distilled white vinegar also can be used to soak into affected spots to kill the mold.

Dry All Damp Areas

Any places around the house that get wet often should be dried as soon as moisture is discovered.

Repair Leaky Plumbing

Even a slow drip can lead to big problems later. Make sure you check your fixtures regularly and fix any leaks as soon as you find them.

Ventilate Properly

The airflow through your home can help prevent spores from gathering and forming colonies. Make sure your house has proper ventilation and use the vent fan in your bathroom to remove humid air.

Dehumidify The Air

Investing in a dehumidifier can help maintain the right balance of moisture inside your home.