08-04-2025 - TBT - Mold and You

TBT 8/4/2025TBT 4 Aug 2025 – Mold and You

There is always some mold around. Molds have been on the Earth for millions of years. Mold can get in through open doors, windows, vents, and heating and air conditioning systems. Mold in the air outside can be brought indoors on clothing, shoes, bags, and even pets.

Mold will grow where there is moisture, such as around leaks in roofs, windows, or pipes, or where there has been a flood. Mold grows on paper, cardboard, ceiling tiles, and wood. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

Avoid breathing in mold or mold spores. To limit your exposure to airborne mold, you may want to wear an N-95 respirator, which is available through the Safety and Compliance Manager.

Wear gloves. Long gloves that extend to the middle of the forearm are recommended. When working with water and a mild detergent, ordinary household rubber gloves may be used. If you are using a disinfectant, a biocide such as chlorine bleach, or a strong cleaning solution, you should select gloves made from natural rubber, neoprene, nitrile, polyurethane or PVC. Avoid touching mold or moldy items with your bare hands.

Wear goggles. Goggles that do not have ventilation holes are recommended. Avoid getting mold or mold spores in your eyes.

If you see or smell mold, you should remove it. Mold can be removed from hard surfaces with household products, soap and water, or a bleach solution of *no more than* **1 cup** of household laundry bleach **in 1 gallon of water**. A 10’ X 10’ area is considered an area that can be cleaned by individuals. If the mold exceeds this size, a professional cleaner may be considered.

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