

Mold in Homes



Mold can grow in your home if the building materials or furnishings are allowed to get wet. Exposure to mold can cause allergies, problems with asthma, and damage building materials.

What to do

- Keep your indoor environment dry. Clean up leaks and divert water away from the building.
- Control humidity with exhaust fans in bathrooms and kitchens.
- Use your eyes and nose to find signs of excess moisture and mold growth.
- Bag up and throw away absorbent materials growing mold including insulation, drywall, paper, and carpet.
- Scrub hard surface materials growing mold with a stiff brush, hot water, and household detergent and dry area completely.
- Avoid mold testing. If you can see or smell mold, you know you have mold.

What to know

Health concerns

Any mold can affect a person's health.

Common symptoms include:

- Coughing
- Runny nose
- Wheezing
- Sore throat
- Problems with asthma

Health effects can vary from person to person. Children, people with respiratory conditions, and people with weakened immune systems may have a more severe reaction.

Protect yourself

Wear personal protective equipment when cleaning up mold, including:

- Rubber gloves
- Eye protection
- N95 respirator

For more information

- [Minnesota Department of Health](http://www.health.state.mn.us/mold)
<http://www.health.state.mn.us/mold>



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