Mold grows best in warm, damp, dark environments. However, mold can grow just about anywhere.

Mold produces spores, which then become airborne and trigger symptoms.

**TIPS TO REDUCE MOLD EXPOSURE**

**Outside:**
- Wear a mask when raking leaves or mowing the lawn.
- Wear a mask and wash your hands after working with plants or soil.
- Mold growth increases after rain and in high humidity, so try to avoid being outside on those days.

**Household:**
- Use a dehumidifier to reduce indoor humidity to less than 45%.
- Use air conditioners to remove moisture from the air.
- Consider a whole-house HEPA filter for your furnace (ideally), or use freestanding HEPA air purifiers (if no wall-to-wall carpeting).
- Do not use humidifiers or vaporizers unless medically advised.
- Remove house plants if possible, or cover the soil with fine gravel to block the release of spores from the soil.
- Clean mold from inside window frames with diluted bleach (be sure to wear a mask and gloves).

**Bathroom:**
- Increase ventilation by using an exhaust fan or opening a window.
- Scour sinks and tubs regularly – mold thrives on soap scum.
- Check for and clean mold from pipes.
- Repair any plumbing leaks.

Over
Kitchen:
✓ Clean garbage receptacles frequently.
✓ Clean refrigerator gaskets and drip pans.
✓ Dispose of moldy food promptly.
✓ Check for mold on pipes, and repair and plumbing leaks.

Bedroom:
✓ Use allergen-proof zippered encasings for pillows and mattresses (especially on foam mattresses, which are more prone to mold invasion).
✓ Dispose of old books, clothing, or bedding, which can harbor mold spores.

Laundry Area:
✓ Remove clothes from washer immediately.
✓ If you have a front-loader, leave the door cracked open when not in use.
✓ Maintain good air circulation.

Basement:
✓ Ensure that rain water drains away from the house.
✓ Use a dehumidifier to keep humidity below 45%.
✓ Keep a small light on all the time (mold grows best in the dark).

MOLD AND FOODS
- Some foods naturally contain molds, and some foods are produced utilizing molds (which include fungi/yeast).
- Avoiding these foods may help reduce your symptoms:
  - wine and beer
  - mushrooms
  - yeast-containing foods (pizza, bread, bagels, muffins)
  - vinegar-containing foods (pickles, salad dressing, ketchup)
  - aged or mold-ripened cheeses (sharp cheddar, parmesan, romano, bleu cheese)
  - fermented foods (soy sauce, sauerkraut, kombucha, kefir, kimchi)
  - dried fruits (raisins, dates, prunes, figs)