



URMC Otolaryngology Associates  
2365 South Clinton Ave. Suite 200  
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# MOLD

- *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 →



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### 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)