

Mold and Indoor Air Quality



Link: <https://www.pexels.com/photo/ashtray-book-cushion-decoration-298842/>

In many cases, your home air is more polluted than the air outside, and these pollutants can be harmful to your health and the health of your family and your pets. For those with allergies, asthma and other respiratory concerns, these pollutants can be especially serious. Of these, one of the most dangerous is mold.

What is Mold?

Mold is a living organism that grows on damp surfaces and produces spores. These spores can cause [allergic reactions](#) that include sneezing, red eyes, runny nose, and skin rashes, as well as cause asthma attacks. When mold grows inside a house or other building, the spores can negatively affect the air quality of the establishment.

Mold and Sick Building Syndrome

The air we breathe affects the quality of our lives. When a home has mold that stays undetected, it grows, and the spores it releases multiply and result in poor air quality. When people live in homes infested with mold, they are at risk of getting sick due to the [mycotoxins](#)

that molds produce. [Sick building syndrome](#) occurs when people continue to live or work in buildings with contaminated air.

How To Find Mold

Mold needs moisture to thrive. From pipe leaks to water intrusion, and even condensation and humidity, mold can thrive in any damp condition. Look for signs such as water staining, peeling paint, separation or deterioration of building materials, and unfamiliar or unusual colors or substances. These can be indicators of water damage, which is often directly linked with mold.

How To Prevent Mold Growth

Mold spores can enter your home through the windows, vents, and HVAC system of your house. You can even bring them inside on your shoes or clothing. You can't prevent mold from coming in, but you **can** [prevent it from growing](#):

- Monitor humidity levels and keep them low, no higher than 50%. Use a dehumidifier if necessary.
- Keep your air flowing freely with fans and vents, especially in the bathroom and kitchen.
- Fix any leaks as soon as possible, and ensure they have a chance to dry properly within 48 hours.
- Use mold-killing products such as a bleach solution when you're cleaning areas that are frequently wet, such as your bathroom.

If you suspect or know there is mold in your home, don't risk it. At [Business Name], we're happy to provide Mold Testing & Moisture Analysis whenever you need. Book an inspection by calling [phone number].