

MITE & MOLD CONTROL MEASURES

ENCASE PILLOWS, MATTRESS, AND BOX SPRING IN ZIPPERED ALLERGY PROOF COVERS.

WASH ALL BED LINENS IN 130° WATER EVERY WEEK.

REMOVE STUFFED ANIMALS AND UPHOLSTERED FURNITURE FROM BEDROOMS.

FREQUENTLY VACUUM AND DUST BEDROOMS.

REMOVE LIVE INDOOR HOUSEPLANTS (MOLDS ARE IN THE SOIL).

KEEP WINDOWS AND DOORS SHUT AND RUN AIR CONDITIONER AT ALL TIMES. THIS KEEPS THE MOLDS OUTSIDE!

KEEP WINDOWS CLOSED WHILE IN CAR AND AIR CONDITIONER ON THE RECIRCULATE MODE.

STAY INDOORS AS MUCH AS POSSIBLE WHEN THE MOLD COUNT IS HIGH.

IF YOU HAVE A DAMP BASEMENT, USE A DEHUMIDIFIER.

USE BLEACH IF YOU SEE EVIDENCE OF MOLDS IN BATHROOMS OR KITCHENS.



Indoor and Outdoor Molds

Mold	Most Commonly Found	
Alternaria	Outdoors	On decaying plants live plant material, in soil
Helminthosporium	Outdoors	On grain plants and grasses, high counts in rural areas when threshing grain
Hormodendrum/ Cladosporium	Indoors & Outdoors	On leather, rubber, cloth, foods, and wood products, in soil and dead or living plants released after a rain
Fusarium	Outdoors	On garden plants (peas, beans, tomatoes, corn, etc.) and stored fruits and vegetables
Aspergillus niger	Indoors & Outdoors	On damp hay, cloth, leather, paper, spoiled foods, decaying plant and vegetable material, in bathrooms, and refrigerator drip pans
Rhizopus	Indoors & Outdoors	On breads, cured meats, potatoes, and in soil
Mucor	Outdoors	On decaying vegetable and animal material – especially barnyards
Penicillium	Indoors & Outdoors	On plants, cheese, fruit, breads, leather, fabrics, and in soil (NOT RELATED TO THE DRUG PENICILLIN)
Pullularia	Indoors & Outdoors	On plastics, paints, caulking compounds, decaying wood, and soil
Aspergillus fumigatus	Indoors & Outdoors	Found in soils, leaf and plant litter, decaying vegetables and roots, bird droppings, tobacco, and stored sweet potatoes
Epicoccum	Outdoors	In soil and on dead or living plants (as small black dots), uncooked fruit