

# Environmental Asthma Triggers: Mold and Moisture

Asthma symptoms like coughing and wheezing can be triggered by mold caused by indoor moisture. Some of these triggers can increase a person's chance of developing asthma.

**Addressing multiple triggers at the same time is the best way to improve asthma.**

## These things can cause mold to grow.



### CLOGGED GUTTERS

- ▶ Gutters filled with leaves and debris prevent rainwater from draining away from the home.



### LEAKS

- ▶ Leaking pipes create moisture that can lead to mold.
- ▶ It takes 24-48 hours for mold to grow on most surfaces.



### WINDOW CONDENSATION

- ▶ Water droplets (or condensation) on the inside of windows can mean that indoor humidity is too high.



### HIGH HUMIDITY

- ▶ Indoor humidity greater than 50% is too high.
- ▶ When indoor humidity is too high, a home can smell damp and musty.

## Here are steps you can take to prevent or remove mold and improve lung health.



### PREVENT MOISTURE

- ▶ Fix leaks and clean gutters.
- ▶ If there is mold, clean it with soap and water.
- ▶ Run HVAC and kitchen/bathroom exhaust fans.
- ▶ Use a dehumidifier to remove moisture. Keep indoor humidity levels in the 30-50% range.



### CLEAN MOLD

- ▶ Remove damp materials like drywall, cardboard, carpet, and furniture, as soon as possible to avoid mold development.
- ▶ Bleach can be used in addition to soap and water for stubborn mold. If you choose to use bleach, wear protective gear on hands and face and use 1 part bleach to 30 parts water (or 1/3 cup bleach in 1 gallon water).
- ▶ Consult disaster clean up resources for big jobs, such as flooding.

