



# Fungus Among Us

Molds are naturally occurring microorganisms, also known as fungi, and are found everywhere in the environment, both indoors and outdoors. Molds can live in all environments, climates, and seasons. Molds require moisture, oxygen, and an organic source to grow. Mold growth indoors must be controlled by moisture prevention, cleaning, and responding quickly when mold growth is suspected. Some people are affected by everyday exposure to mold, but most people are not. People with asthma, mold allergies, chronic lung illnesses or who have compromised immune systems may have more severe reactions. How a person might react to mold depends on several factors including the type of mold, the amount of mold present, the length and number of times a person is exposed, family history, and overall health status. Consult your health care provider with health concerns or questions.

## Potential Health Effects of

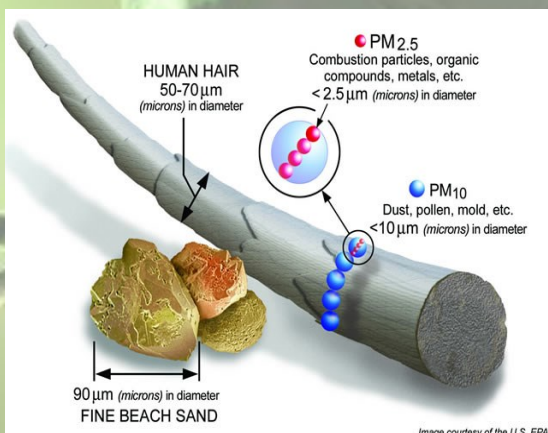
### Sensitive People:

- ◆ Aggravation of asthma
- ◆ Cough/congestion/wheezing
- ◆ Stuffy/Runny nose
- ◆ Eye irritation
- ◆ Sneezing
- ◆ Skin Rash

### Individuals who may be at an

### Increased Risk:

- ◆ Allergy sensitivity
- ◆ Young children
- ◆ Asthma
- ◆ Respiratory diseases
- ◆ Weakened immune system
- ◆ Elderly
- ◆ Pregnant women



## 8 TIPS TO CLEAN UP MOLD



### Protect Yourself

Put on personal protective equipment (gloves, mask, goggles) to protect your eyes, nose, mouth, and skin.



### Toss!

Take it out! Anything that was wet with flood water and can't be cleaned and dried completely within 24 to 48 hours should be taken outside.



### Air it out

Open all doors and windows when you are working, and leave as many open as you safely can when you leave.



### Circulate

When electricity is safe to use, use fans and dehumidifiers to remove moisture.



### Don't mix cleaners

If you use cleaning products, do not mix cleaning products together. DO NOT mix bleach and ammonia because it can create toxic vapors.



### Scrub surfaces

Clean with water and a detergent. Remove all mold you can see. Dry right away.



### Don't cover it, remove it

Painting or caulking over mold will not prevent mold from growing. Fix the water problem completely and clean up all the mold before you paint or caulk.



### Dry it up

Dry wet area and everything in it as quickly as possible – within 24 to 48 hours if you can.

<http://www.cdc.gov/mold/cleanup.htm>



If you suspect what appears to be mold, submit a Service Order with pictures to the DPW Work Order Section through ArMA at: <https://www.armymaintenance.com/armma>

USAG FT Knox, DPW/Environmental Division— (502) 624-3629/1929

EMD Email: [usarmy.knox.id-training.mbx.dpw-emd-info@army.mil](mailto:usarmy.knox.id-training.mbx.dpw-emd-info@army.mil)

Installation Safety Office— (502) 624-3381



Scan the QR code & link to ArMA