



Preventing Mold at Home and Work Information Flyer

What is mold?

Mold are fungi found naturally both indoors and outdoors. Mold releases microscopic spores to the air, that can be inhaled and may cause allergic symptoms. Individuals may experience a range of reactions when exposed to mold. This range can go from no symptoms present to allergic reactions. Mold has many different textures and a variety of colors, including green, black, white, brown and orange.

What causes mold to grow inside my home?

Mold needs moisture and a food source such as cloth, wood, leather, and damp wallboard. Of course mold will quickly thrive on food items such as bread and fruit, which is why keeping your home clean is one important factor in preventing mold. Mold loves damp areas that are not dried promptly — for example water damage from a burst pipe, leaking windows, or moist surfaces due to condensation. Mold moves in and reproduces quickly around sinks, windows, and bathroom tiles, if not kept clean and dry. Sleeping releases water vapor through our skin and breath, therefore it is crucial to ventilate bedrooms in the morning. Utilize exhaust fans and ventilate bathrooms after taking showers or baths. Controlling moisture and proper ventilation are key to preventing mold growth.

How can mold affect my health?

Some people may suffer from allergic reactions to mold, including runny nose, scratchy throat, itchy eyes, sneezing, and in more severe cases, wheezing and coughing. Allergic reactions to mold are more common for people who suffer from respiratory problems such as asthma. If you have symptoms or concerns that you believe are related to mold, you should note the timing of the symptoms and see a health care provider for evaluation.

Does it make sense to test or sample for mold?

No. Since no EPA or other federal limits have been set for mold or mold spores, sampling cannot be used to check a building's compliance with federal mold standards. Mold spores are everywhere, and if visible mold growth is present, sampling is unnecessary. It is simple: If you see mold, it needs to be cleaned off and the source of moisture needs to be eliminated.

Report water damage or excessive mold to:

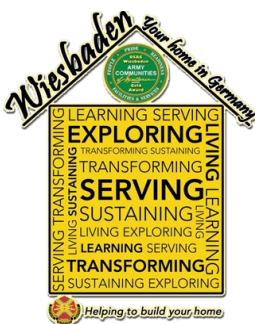
USAG Wiesbaden

DPW Customer Service

Clay Kaserne, Bldg. 1056

CIV: 0611-143-548-4357

Email: usarmy.wiesbaden.imcom-europe.list.dpw-customer-rep@mail.mil





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What can I do to prevent mold in my home?

Report or repair any water leaks or similar sources of moisture promptly to prevent mold growth. Promptly clean any visible mold on hard surfaces such as tile or vinyl though physical removal with soap and water in order to trap and remove the mold. Mold on porous materials such as carpet, ceiling tile, wallboard or textiles requires removal of the contaminated materials, and may require professional service. Good housekeeping and ventilating your home daily are key to preventing mold growth. Since German houses are built differently than houses in the United States, residents should cross-ventilate like their German neighbors and fully open windows on each side of their homes allowing fresh air to replace the humid stagnant air.

What can I do about mold at my workspace?

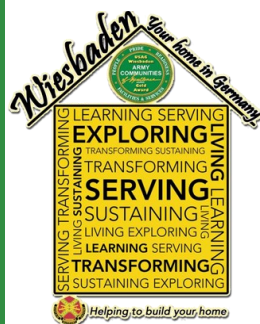
Visible mold in your work area should be reported to your supervisor, who will bring it to the attention of the industrial hygienist and the facility manager. Mold in the work area should be removed, and causes of growth, such as water leaks and other sources of moisture must be corrected to prevent further growth.

Who is the right point of contact?

If you report mold at work to your supervisor, he should contact the Garrison's industrial hygienist. If you have serious mold condition in your home despite following the Resident Handbook and this guidance, contact DPW Customer Service on the flip side of this flyer, who will then assign the appropriate Operations and Maintenance Shop to investigate and eliminate the source of moisture. If you have health concerns, please contact your healthcare provider.

The Resident Handbook is available in your original housing packet or from the DPW Housing Division, Clay Kaserne, Building 1059.

For more information on mold, please visit <https://www.epa.gov/mold/learn-about-mold>, or scan the QR codes below.



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