

A Guide to Mold and Moisture

Why is mold growing in my home?

Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float throughout outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

Mold spores exist everywhere and cannot be eliminated but will not grow if moisture is not present. Indoor mold growth can and should be prevented by controlling moisture. If there is mold growth in your home, you must clean up the mold as well as reduce the moisture in your home. If you clean up the mold but don't resolve the moisture problem the mold will grow back.

Can mold cause health problems?

Molds have the potential to cause health problems. For more detailed information consult a health professional.

Preventing Mold and Mildew

Condensation on your window can be used as a warning sign of excess humidity.

Use the exhaust fans and open a window in your kitchen and bathroom to help reduce moisture produced while cooking, doing dishes, bathing, showering, mopping floors etc. If windows are opened and fans are used during these activities, moisture will be removed before it has a chance to circulate through the apartment.

The following activities should be avoided or kept to a minimum to reduce the humidity in your apartment:

- Lengthy showers or baths
- Line drying clothes in your apartment
- Use of a humidifier
- Excessive number of house plants

A window should be opened daily with a fan operating to increase airflow and reduce humidity in your apartment.

Clean problem areas weekly using a product made for mold and mildew removal. Follow instructions on the product label.

Clothes dryers must be properly vented to the outside.

Inoperable exhaust fans, dripping faucets, leaking plumbing, etc. should be reported immediately to Maintenance at 801.581.8668.

If you are unable to control mold after following these guidelines please contact Maintenance at 801.581.8668.