



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058
Phone: 269-945-9516 Fax: 269-818-0237

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2430 Fax: 517-543-7737

Eaton Behavioral Health: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2580 Fax: 517-543-8191

April 19, 2016
FOR IMMEDIATE RELEASE

Indoor Mold Overview and Tips

Spring is commonly associated with new plant growth: flowers, grass, and buds on trees. Spring can also be a time for mold growth. Mold is a tiny organism that reproduces via spores. Spores travel through the air, just like plant pollen. Unlike pollen, mold spores can take root anywhere there is a surface for it to grow on, a food source (like paper, leaves, or dirt), and moisture. This means that it can be found both inside and outside homes. Mold inside homes can cause structural damage to houses and can lead to allergies and trigger asthma attacks.

Although mold can be an issue year-round inside homes, indoor mold might be particularly noticeable now due to the wet winter and spring we have been having. This is especially true for households with damp basements and poorly-insulated windows.

If you notice mold growing inside your home, take immediate action to stop it. This might include discarding moldy objects that easily absorb water, such as carpeting, or scrubbing and bleaching hard surfaces. To prevent mold growth in the first place, some steps to take include working to fix areas that leak water into your home (e.g., plumbing, leaky windows, etc.) and ensuring that your yard drains or slopes away from your home to prevent water from collecting in the crawl spaces and around the foundation.

For more information on preventing and cleaning up mold inside your home, visit the Barry-Eaton District Health Department website (<http://bit.ly/1VUYb4P>) or the Michigan Department of Health and Human Services (MDHHS) (<http://1.usa.gov/22uakxv>). You can also call the MDHHS at (517)-335-9436.

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Media Contact:
Abigail Lynch, 517-541-2644