

QED SERVICE  
2203 ESSEX ST  
MONROE, LA 71207

## Certificate of Mold Analysis

Prepared for: QED SERVICE  
Phone Number:  
Fax Number:  
Project Name: KHALED SHAFIEI  
Test Location: 2503 BROADMOOR  
MONROE, LA 71201  
Chain of Custody #: 1027879  
Received Date: March 30, 2017  
Report Date: March 31, 2017



Carlos Ochoa, Technical and Quality Control Manager

Currently there are no Federal regulations for evaluating potential health effects of fungal contamination and remediation. This information is subject to change as more information regarding fungal contaminants becomes available. For more information visit <http://www.epa.gov/mold> or [www.nyc.gov/html/doh/html/epi/mold.shtml](http://www.nyc.gov/html/doh/html/epi/mold.shtml). This document was designed to follow currently known industry guidelines for the interpretation of microbial sampling, analysis, and remediation. Since interpretation of mold analysis reports is a scientific work in progress, it may as such be changed at any time without notice. The client is solely responsible for the use or interpretation. PRO-LAB/SSPTM Inc. makes no express or implied warranties as to health of a property from only the samples sent to their laboratory for analysis. The Client is hereby notified that due to the subjective nature of fungal analysis and the mold growth process, laboratory samples can and do change over time relative to the originally sampled material. PRO-LAB/SSPTM Inc. reserves the right to properly dispose of all samples after the testing of such samples are sufficiently completed or after a 7 day period, whichever is greater.



LAB # 163230

For more information please contact PRO-LAB at (954) 384-4446 or email [info@prolabinc.com](mailto:info@prolabinc.com)

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Test Address : KHALED SHAFIEI  
2503 BROADMOOR  
MONROE, LA 71201

ANALYSIS METHOD	Spore trap analysis	Spore trap analysis	Spore trap analysis	Direct Microscopic Exam
LOCATION	EXTERIOR	XRAY EXAM AREA	STORAGE ROOM	STORAGE RM WALL
COC / LINE #	1027879-1	1027879-2	1027879-3	1027879-4
SAMPLE TYPE & VOLUME	Z5 - 25L	Z5 - 25L	Z5 - 25L	SWAB
SERIAL NUMBER	Q440515	Q440513	Q440625	None supplied
COLLECTION DATE	Mar 29, 2017	Mar 29, 2017	Mar 29, 2017	Mar 29, 2017
ANALYSIS DATE	Mar 31, 2017	Mar 31, 2017	Mar 31, 2017	Mar 31, 2017
CONCLUSION	CONTROL	NOT ELEVATED	NOT ELEVATED	UNUSUAL

IDENTIFICATION	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Mold Present
Alternaria	1	40	<1	1	40	<1	1	40	<1	
Cercospora	3	120	1				2	80	1	
Chaetomium										X
Cladosporium	552	22,000	96	282	11,000	94	236	9,400	94	
Curvularia	1	40	<1				2	80	1	
Epicoccum	2	80	<1							
Fusicladium	1	40	<1							
Nigrospora				1	40	<1				
Other Ascospores	3	120	1	5	200	2	2	80	1	
Other Basidiospores	5	200	1	4	160	1	5	200	2	
Penicillium/Aspergillus				7	280	2	3	120	1	
Smuts, myxomycetes	4	160	1	1	40	<1	1	40	<1	

<b>TOTAL SPORES</b>	572	22,800	100	301	11,760	100	252	10,040	100	NA
<b>MINIMUM DETECTION LIMIT*</b>	1	40		1	40		1	40		NA

<b>BACKGROUND DEBRIS</b>	Moderate			Light			Light			Not Applicable		
<b>Pollen</b>	13	520										

<b>OBSERVATIONS &amp; COMMENTS</b>	Non-biological debri present.									Presence of current or former growth observed.
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Background debris qualitatively estimates the amount of particles that are not pollen or spores and directly affects the accuracy of the spore counts. The categories of Light, Moderate, Heavy and Too Heavy for Accurate Count, are used to indicate the amount of deposited debris. Increasing amounts of debris will obscure small spores and can prevent spores from impacting onto the slide. The actual number of spores present in the sample is likely higher than reported if the debris estimate is 'Heavy' or 'Too Heavy for Accurate Count'. All calculations are rounded to two significant figures and therefore, the total percentage of spore numbers may not equal 100%.

\* **Minimum Detection Limit.** Based on the volume of air sampled, this is the lowest number of spores that can be detected and is an estimate of the lowest concentration of spores that can be read in the sample.  
**NA** = Not Applicable.

**Spores that were observed from the samples submitted are listed on this report. If a spore is not listed on this report it was not observed in the samples submitted.**

**Interpretation Guidelines:** A determination is added to the report to help users interpret the mold analysis results. A mold report is only one aspect of an indoor air quality investigation. The most important aspect of mold growth in a living space is the availability of water. Without a source of water, mold generally will not become a problem in buildings. These determinations are in no way meant to imply any health outcomes or financial decisions based solely on this report. For questions relating to medical conditions you should consult an occupational or environmental health physician or professional.

**CONTROL** is a baseline sample showing what the spore count and diversity is at the time of sampling. The control sample(s) is usually collected outside of the structure being tested and used to determine if this sample(s) is similar in diversity and abundance to the inside sample(s).

**ELEVATED** means that the amount and/or diversity of spores, as compared to the control sample(s), and other samples in our database, are higher than expected. This can indicate that fungi have grown because of a water leak or water intrusion. Fungi that are considered to be indicators of water damage include, but are not limited to: *Chaetomium*, *Fusarium*, *Memnoniella*, *Stachybotrys*, *Scopulariopsis*, *Ulocladium*.

**NOT ELEVATED** means that the amount and/or the diversity of spores, as compared to the control sample and other samples in our database, are lower than expected and may indicate no problematic fungal growth.

**UNUSUAL** means that the presence of current or former growth was observed in the analyzed sample. An abundance of spores are present, and/or growth structures including hyphae and/or fruiting bodies are present and associated with one or more of the types of mold/fungi identified in the analyzed sample.

**NORMAL** means that no presence of current or former growth was observed in the analyzed sample. If spores are recorded they are normally what is in the air and have settled on the surface(s) tested.

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ANALYSIS METHOD	Spore trap analysis	INTENTIONALLY BLANK	INTENTIONALLY BLANK	INTENTIONALLY BLANK
LOCATION	FRONT FITNESS EXAM			
COC / LINE #	1027879-5			
SAMPLE TYPE & VOLUME	Z5 - 25L			
SERIAL NUMBER	Q440472			
COLLECTION DATE	Mar 29, 2017			
ANALYSIS DATE	Mar 31, 2017			
CONCLUSION	NOT ELEVATED			

IDENTIFICATION	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Raw Count	Spores per m <sup>3</sup>	Percent of Total	Raw Count	Spores per m <sup>3</sup>	Percent of Total
Alternaria												
Cercospora												
Chaetomium												
Cladosporium	226	9,000	95									
Curvularia												
Epicoccum	1	40	<1									
Fusicladium												
Nigrospora												
Other Ascospores	3	120	1									
Other Basidiospores	4	160	2									
Penicillium/Aspergillus	2	80	1									
Smuts, myxomycetes	1	40	<1									
<b>TOTAL SPORES</b>	<b>237</b>	<b>9,440</b>	<b>100</b>									
<b>MINIMUM DETECTION LIMIT*</b>	<b>1</b>	<b>40</b>										

BACKGROUND DEBRIS	Light			
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OBSERVATIONS & COMMENTS				
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Background debris qualitatively estimates the amount of particles that are not pollen or spores and directly affects the accuracy of the spore counts. The categories of Light, Moderate, Heavy and Too Heavy for Accurate Count, are used to indicate the amount of deposited debris. Increasing amounts of debris will obscure small spores and can prevent spores from impacting onto the slide. The actual number of spores present in the sample is likely higher than reported if the debris estimate is 'Heavy' or 'Too Heavy for Accurate Count'. All calculations are rounded to two significant figures and therefore, the total percentage of spore numbers may not equal 100%.

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**NA** = Not Applicable.

**Spores that were observed from the samples submitted are listed on this report. If a spore is not listed on this report it was not observed in the samples submitted.**

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**CONTROL** is a baseline sample showing what the spore count and diversity is at the time of sampling. The control sample(s) is usually collected outside of the structure being tested and used to determine if this sample(s) is similar in diversity and abundance to the inside sample(s).

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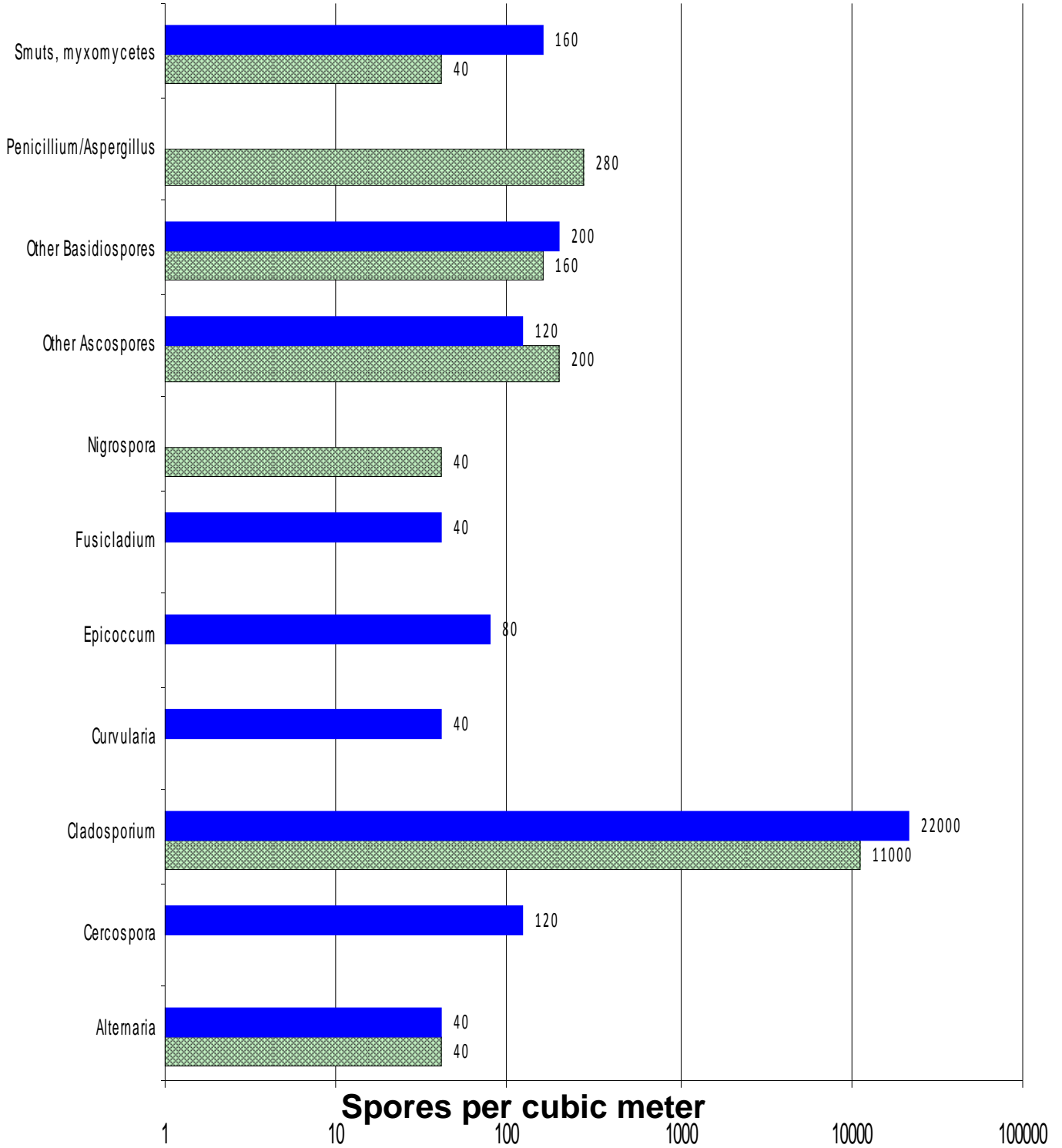
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**UNUSUAL** means that the presence of current or former growth was observed in the analyzed sample. An abundance of spores are present, and/or growth structures including hyphae and/or fruiting bodies are present and associated with one or more of the types of mold/fungi identified in the analyzed sample.

**NORMAL** means that no presence of current or former growth was observed in the analyzed sample. If spores are recorded they are normally what is in the air and have settled on the surface(s) tested.

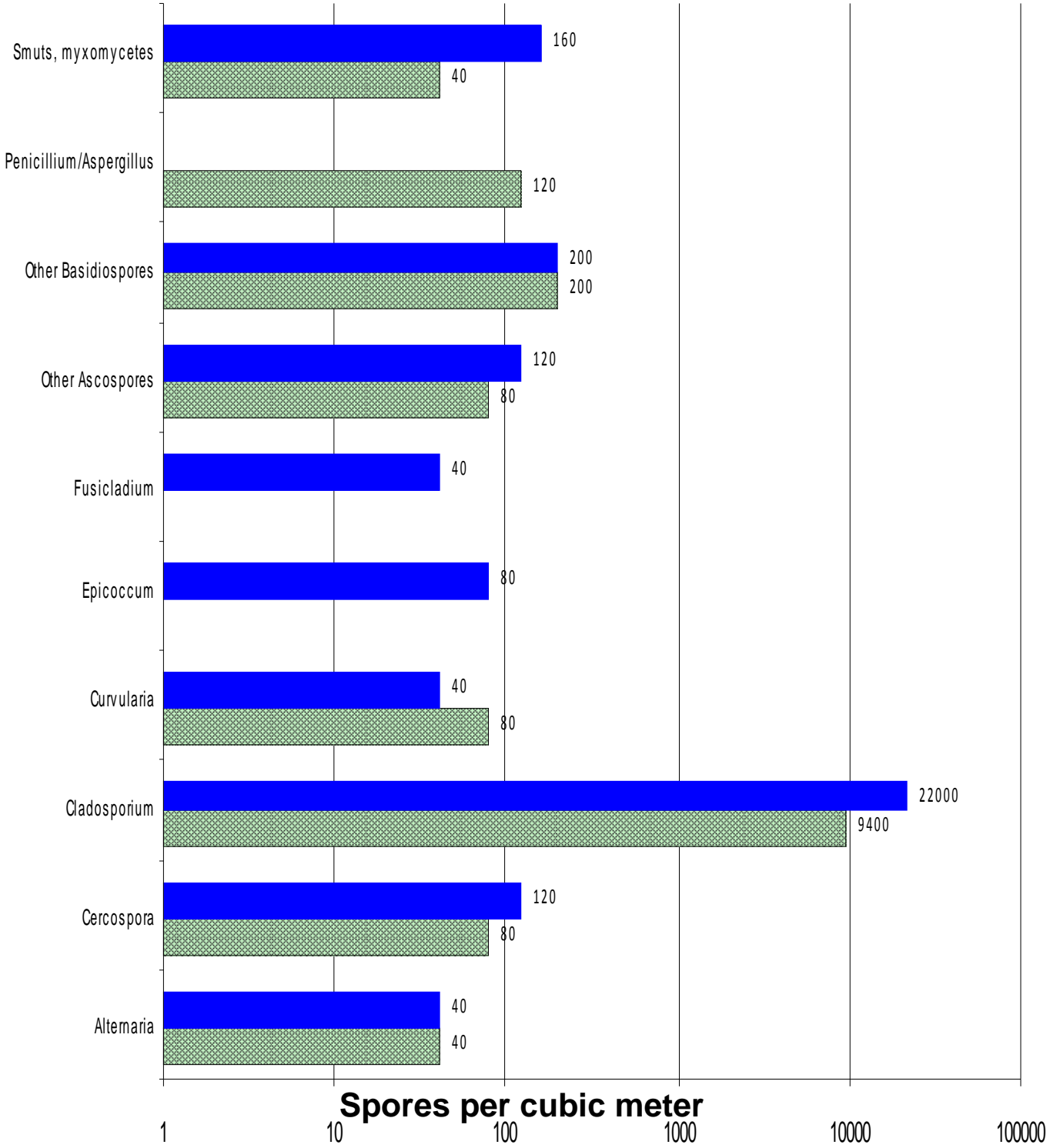
**Chain of Custody # 1027879**

Xray Exam Area  
Exterior



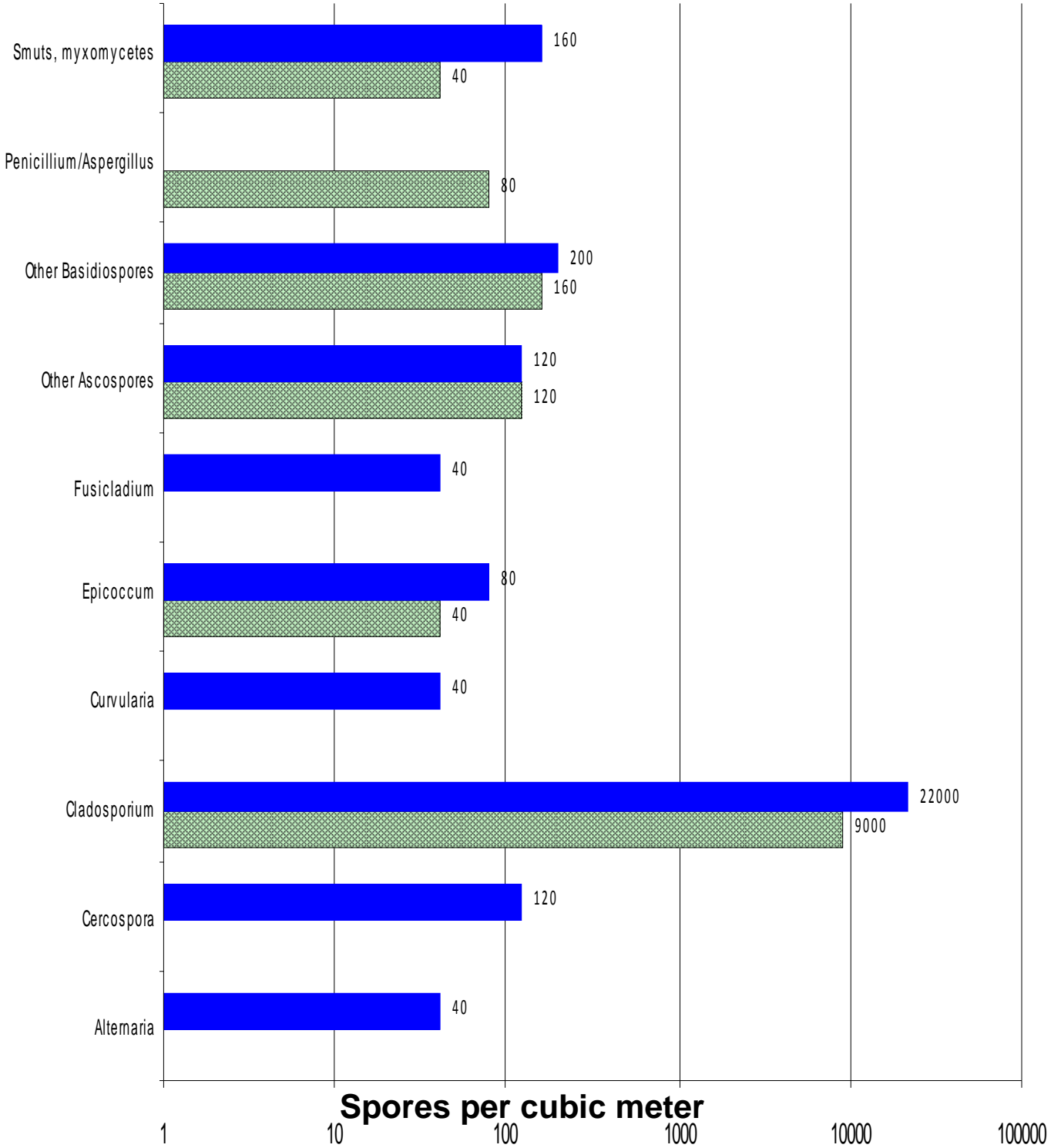
**Chain of Custody # 1027879**

Storage Room  
Exterior



**Chain of Custody # 1027879**

Front Fitness Exam  
Exterior



Identification	Outdoor Habitat	Indoor Habitat	Possible Allergic Potential Not an opinion or interpretation	Comments
Alternaria	One of the most commonly reported airborne spores worldwide. Often common in outdoor air. Usually not observed in large numbers in outdoor air. Soil, dead or dying plants, foodstuffs, textiles	Wallboard paper backing, wood, other various cellulose-containing materials. Commonly found in settled dust and as normal settled spores on carpets, drapes, textiles, etc.	Common allergen. Type I allergies (hay fever and asthma); Type III hypersensitivity pneumonitis. Common cause of extrinsic asthma.	Alternaria is commonly found in elevated numbers on water-intruded building materials and in higher spore numbers in the air with respect to the outside when growth on wet building materials occurs.
Cercospora	Common everywhere, especially growing on leaves.	Not known to grow indoors.	None known.	
Chaetomium	Growing on dung, dead leaves, wood.	Cellulose substrates, especially wallboard, cardboard and wood. Not normally seen growing indoors unless the building material has been wetted. Unusual / Not Normal to be growing indoors.	Type I (hay fever and asthma) allergies.	Chaetomium is a water-indicating mold. Spores of this type of mold should not be observed in significantly higher numbers in the air above background/control. If growth and/or significantly higher than background/control spore numbers are reported, corrective action should be considered to reduce the source of water, moisture levels and/or spore numbers in the living space.
Cladosporium	The most common spore type reported in the air worldwide. Found on dead and dying plant litter, and soil.	Commonly found on wood and wallboard. Commonly grows on window sills, textiles and foods.	Type I (hay fever and asthma), Type III (hypersensitivity pneumonitis) allergies.	A very common and important allergen source both outdoors and indoors.
Curvularia	Commonly found everywhere on soil and plant debris.	Capable of growing on many cellulolytic substrates like wallboard and wood.	Type I (hay fever and asthma) and common cause of allergenic sinusitis.	
Epicoccum	Commonly found everywhere. Grows on plant debris, insects and soil.	Capable of growing on several different substrates, notably wallboard and paper.	Type I (hay fever and asthma) allergies.	Very common in the summer, especially in the midwest and during harvest time.
Fusicladium	Occasionally seen in the air. Grows on leaves, stems and flowers of certain fruit trees.	None known.	None known.	
Nigrospora	Commonly found everywhere. Grows on decaying plant material	Does not normally grow on building materials, but occasionally can be found growing on wallboard.	Type I (hay fever and asthma) allergies.	Very distinctive spore that is easy to identify.
Ascospores	Common everywhere. Constitutes a large part of the airspora outside. Can reach very high numbers in the air outside during the spring and summer. Can increase in numbers during and after rainfalls.	Very few of this group grow inside. The notable exception is Chaetomium, Ascotricha and Peziza.	Little known for most of this group of fungi. Dependent on the type (see Chaetomium and Ascotricha).	

Identification	Outdoor Habitat	Indoor Habitat	Possible Allergic Potential Not an opinion or interpretation	Comments
Basidiospores	Commonly found everywhere, especially in the late summer and fall. These spores are from Mushrooms.	Mushrooms are not normally found growing indoors, but can grow on wet lumber, especially in crawlspaces. Sometimes mushrooms can be seen growing in flower pots indoors.	Some allergenicity reported. Type I (hay fever, asthma) and Type III (hypersensitivity pneumonitis).	Among the group of Mushrooms (Basidiomycetes) are dry rot fungi Serpula and Poria that are particularly destructive to buildings.
Penicillium/Aspergillus	Common everywhere. Normally found in the air in small amounts in outdoor air. Grows on nearly everything.	Wetted wallboard, wood, food, leather, etc. Able to grow on many substrates indoors.	Type I (hay fever and asthma) allergies and Type III (hypersensitivity pneumonitis) allergies.	This is a combination group of Penicillium and Aspergillus and is used when only the spores are seen. The spores are so similar that they cannot be reliably separated into their respective genera.
Smuts, myxomycetes	Commonly found everywhere, especially on logs, grasses and weeds.	Smuts don't normally grow indoors, but can occasionally be found on things brought from outside and stored in the house. Myxomycetes can occasionally grow indoors, but need lots of water to be established.	Type I (hay fever and asthma) allergies.	Smuts and myxomycetes are a combined group of organisms because their spores look so similar and cannot be reliably distinguished from each other.



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## Indoor Air Quality Testing

### **Introduction**

The fungi are a large group of organisms that include mold. In nature, the fungi and mold help breakdown and recycle nutrients in the environment. Mold are the most common type of fungi that grow indoors. Mold are microscopic organisms that live on plants, in the soil, and on animals, in fact almost anywhere food and moisture are available. Mold is everywhere present in the outdoor and normal indoor environments. It is in the air and on surfaces as settled dust. Exposure to mold is inevitable in everyday life. Thus, exposure to mold is considered part of a normal activity for most people. Only environments for which extraordinary preparations have been taken don't have mold present in the air or on surfaces.

### **Understanding Mold**

Under the right conditions (moisture, a food source, and time) mold will grow, multiply and produce spores. Mold grows throughout nature as well as the built environment. Mold reproduces by microscopic cells called "spores" that can be spread easily through the air. Mold spores are always present in the indoor and outdoor air. There are mold that can grow on any organic substrate including wood, paper, carpet, food, ceiling tiles, dried fish, carpet, or any surface where dust has accumulated. When excessive moisture or water accumulates indoors, mold growth will often occur, particularly if the moisture problem remains undiscovered or un-addressed. There is no practical way to eliminate all mold spores in the indoor environment. The way to control indoor mold growth is to control the amount of moisture available to the mold.

Mold growth can become a problem in your home or office where there is sufficient moisture and the right foodstuff is available. The key to preventing mold growth is to prevent all moisture problems. Of course, hidden mold can grow when there is water available behind walls, sinks, floors, etc. Indications of hidden moisture problems are discoloration of ceiling or walls, warped floors or condensation on the windows or walls.

### **Controlling Moisture**

The most critical step in solving a mold problem is to accurately identify and fix the source(s) of moisture that allowed the growth to occur. In order to prevent mold from growing, it is important that water damaged areas be dried within a 24-48 hour period. If a small amount of mold is present in the home, the mold can be cleaned up with a mild detergent and the excess water or moisture removed. It is not necessary to try and kill the mold or its spores. You can carefully remove the moldy materials if necessary. There are many common sources of excess moisture that can contribute to indoor mold growth. Some of the primary means of moisture entry into homes and buildings are water leakage (such as roof or plumbing leaks), vapor migration, capillary movement, air infiltration, humidifier use, and inadequate venting of kitchen and bath humidity. The key to controlling moisture is to generally reduce indoor humidity within 35% - 60% (depending what climate you live in) and fix all leaks whatever their cause.

### **Mold Growth Sources**

If the source of moisture is not easily detected or you have a hidden water leak, mold testing can be helpful. Often a roof leak or a plumbing leak can be identified as the source. The difficulty arises when there is an odor present or when an occupant shows signs of mold exposure but no visible mold can be seen. Excess water intrusion can also lead to dry rot of lumber and cause a serious structural defect in buildings.

### **Health Related Risks**

Based on the Institute of Medicine and the National Academy of Sciences, dampness and mold in homes is associated with increases in several adverse health effects including cough, upper respiratory symptoms, wheeze, and exacerbation of asthma. Mold and fungi contain many known allergens and toxins that can adversely affect your health. Scientific evidence suggests that the disease of asthma may be more prevalent in damp affected buildings. Dampness and mold in homes, office buildings and schools represent a public health problem. The Institute of Medicine concluded, "When microbial contamination is found, it should be eliminated by means that not only limit the possibility of recurrence but also limit exposure of occupants and persons conducting the remediation".

## **Mold Sampling Methods**

The goal of sampling is to learn about the levels of mold growth and amplification in buildings. There are no EPA or OSHA standards for levels of fungi and mold in indoor environments. There are also no standard collection methods. However, several generally accepted collection methods are available to inspectors to study mold (and bacteria) in indoor environments. Comparison with reference samples can be a useful approach. Reference samples are usually taken outdoors and sometimes samples can be taken from “non-complaint” areas. In general, indoor fungal concentrations should be similar to or lower than outdoor levels. High levels of mold only found inside buildings often suggest indoor amplification of the fungi. Furthermore, the detection of water-indicating fungi, even at low levels, may require further evaluation. There are several types of testing methods that can detect the presence of mold. They can be used to find mold spores that are suspended in air, in settled dust, or mold growing on surfaces of building materials and furnishings. There are different methods that can identify types of live mold and dead mold in a sampled environment. Mold spores can be allergenic and toxic even when dead.

All sampled material obtained in the laboratory is analyzed using modern microscopic methods, standard and innovative mycological techniques, analyzed at 630 – 1,000 times magnification.

Testing for mold with an accredited laboratory is the best way to determine if you have mold and what type of mold it is.

## **Surface Sampling Methods**

Surface sampling can be useful for differentiating between mold growth and stains of various kinds. This type of sampling is used to identify the type of mold growth that may be present and help investigate water intrusion. Surface sampling can help the interpretation of building inspections when used correctly. The following are the different types of surface samples that are commonly used to perform a direct examination of a specific location. Spore counts per area are not normally useful.

### **Tape (or tape-lift)**

These samples are collected using clear adhesive tape or adhesive slide for microscopic examination of suspect stains, settled dust and spores. Tape lifts are an excellent, non-destructive method of sampling. The laboratory is usually able to determine if there is current or former mold growth or if only normally settled spores were sampled.

### **Bulk**

This is a destructive test of materials (e.g., settled dust, sections of wallboard, pieces of duct lining, carpet segments, return-air filters, etc.) to determine if they contain or show mold growth. Bulk sampling collects a portion of material small enough to be transported conveniently and handled easily in the laboratory while still representing the material being sampled. A representative sample is taken from the bulk sample and can be cultured for species identification or analyzed using direct microscopy for genus identification. The laboratory is usually able to determine if there is current or former mold growth or if only normally settled spores were sampled.

### **Swab**

A sterile cotton or synthetic fiber-tipped swab is used to test an area of suspected mold growth. Samples obtained using this method can be cultured for species identification or analyzed using direct microscopy for genus identification. The laboratory is usually able to determine if there is current or former mold growth or if only normally settled spores were sampled. Identified spores are generally reported as “present/absent”.

### **Carpet (filter-type) Cassette**

A carpet cassette is used with a portable air pump (flow rate usually doesn't matter) to collect mold, pollen and other particulates. Samples obtained using this method can be cultured for species identification or analyzed using direct microscopy for genus identification. This method is usually used to determine a presence or absence of water-indicating mold in a carpet. The laboratory is usually able to determine if there is current or former mold growth or if only normally settled spores were sampled.

## Air Sampling Methods

Air samples are possibly the most common type of environmental sample that investigators collect to study bioaerosols (mold, pollen, particulates). The physics of removing particles from the air and the general principles of good sample collection apply to all airborne materials, whether biological or other origin. Therefore, many of the basic principles investigators use to identify and quantify other airborne particulate matter can be adapted to bioaerosol sampling. Common to all aerosol samplers is consideration of collection efficiency. The following are the two most common forms of air sampling methods.

**“Non-Viable Methods”** *(The Laboratory results are reported in “spores per cubic meter (sp/m<sup>3</sup>)”)*

### **Z5 Cassette**

The Z<sup>5</sup> spore trap is used with a portable air pump (5 liters/minute for 1 to 5 minutes) to rapidly collect airborne aerosols including mold, pollen and other airborne particulates. Air is drawn through a small slit at the top of the cassette and spores are trapped on a sticky surface on a small glass slide inside the cassette. They are efficient at collecting spores as small as 1µm.

### **Micro5 Cassette**

The Micro5 Microcell spore trap cassette is used with a portable air pump (5 liters/minute for 1 to 5 minutes) to collect airborne aerosols including mold, pollen and other airborne particulates. Air is drawn through a small circular hole at the top of the cassette and spores are trapped on a sticky coated glass slide inside the cassette. They are efficient at collecting spores as small as 0.8µm.

### **Air-O-Cell Cassette**

The Air-O-Cell spore trap cassette is used with a portable air pump (15 liters/minute for 1 to 10 minutes) to collect airborne aerosols including mold, pollen and other airborne particulates. Air is drawn through a small opening at the top of the cassette and spores are trapped on a sticky coated glass slide inside the cassette. These cassettes are efficient at collecting spores as small as 2.6µm.

### **Allergenco-D Cassette**

The Allergenco-D spore trap cassette is used with a portable air pump (15 liters/minute for 1 to 10 minutes) to collect airborne aerosols including mold, pollen and other airborne particulates. Air is drawn through a small opening at the top of the cassette and spores are trapped on a sticky coated glass slide inside the cassette. These cassettes are efficient at collecting spores as small as 1.7µm.

**“Viable Methods”** *(The Laboratory results are reported in “colony forming units per cubic meter (CFU/m<sup>3</sup>)”)*

### **Agar Impaction Plates**

The agar impaction plates are used with a portable air pump (28.3 liters/minute for 1 to 3 minutes) to collect airborne mold. This is called “viable sampling” because it only grows what is alive at the time of testing. Air is drawn through a 200-400 holes at the top of the impactor and spores are trapped in the agar media. The agar plate should be shipped to the laboratory immediately or kept cool until it can be shipped. These cassettes are 90% efficient at collecting spores as small as 0.7µm. The laboratory results are reported in “colony forming units per cubic meter (CFU/m<sup>3</sup>)”.

## **Data Interpretation**

Information (data) on mold in buildings can consist of the simple observation of fungal growth on a wall, analytical measurements from hundreds of environmental samples, or the results of a survey of building occupants with and without particular building-related conditions. Data interpretation is the process whereby investigators make decisions on (a) the relevance to human exposure of environmental observations and measurements, (b) the strength of associations between exposure and health status, and (c) the probability of current or future risks. These interpretation steps are followed by decisions on what measures can be taken to interrupt exposure and prevent future problems.

## **Remediation of Mold**

Prevention of mold growth indoors is only possible if the factors that allow it to grow are identified and controlled. When prevention has failed and visible growth has occurred in a home or building, remediation and/or restoration may be required. The extent of the mold growth will determine the scope of the remediation required. The goal of remediation is to remove or clean mold-damaged material using work practices that protect occupants by controlling the dispersion of mold from the work area and protect the workers from exposure to mold. You should consult a professional when contemplating fixing a large area of mold growth. Generally, remediation requires (a) removal of porous materials showing extensive microbial growth, (b) physical removal of surface microbial growth on non-porous materials to typical background levels, and (c) reduction of moisture to levels that do not support microbial growth. Identification of the conditions that contributed to microbial proliferation in a home or building is the most important step in remediation. No effective control strategy can be implemented without a clear understanding of the events or building dynamics responsible for microbial growth. Following the completion of the remediation process, mold testing should be performed to obtain clearance.

## **Symptoms of Mold Exposure**

The most common symptoms of mold exposure are runny nose, eye irritation, cough, congestion, and aggravation of asthma. Individuals with persistent health problems that appear to be related to mold or other types of air quality contaminant exposure should see their physicians for a referral to specialists who are trained in occupational/environmental medicine or related specialties and are knowledgeable about these types of exposures. Decisions about removing individuals from an affected area must be based on the results of such medical evaluation. Mold is naturally present in outdoor environments and we share the same air between the indoor and outdoor, it is impossible to eliminate all mold spores indoors.

## **Ten Things You Should Know About Mold**

- 1) Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory problems.
- 2) There is no practical way to completely eliminate mold and mold spores in the indoor environment. The way to control indoor mold growth is to control moisture.
- 3) If mold is a problem in your home or building, you must clean up the mold and eliminate sources of moisture.
- 4) To prevent mold growth any source of a water problem or leak must be repaired.
- 5) Indoor humidity must be reduced (generally below 60%) to reduce the chances of mold growth by: adequately venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing and cleaning.
- 6) Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.
- 7) Clean mold off of hard surfaces with water and detergent and dry completely.
- 8) Prevent condensation: reduce the potential for condensation on cold surfaces (e.g., windows, piping, exterior walls, roof, or floors) by adding insulation.
- 9) In areas where there is a perpetual moisture problem on the floor, do not install carpeting
- 10) Mold can be found almost anywhere. Mold can grow on wood, paper, carpet, foods; almost anything can support some mold growth provided there is moisture, time to grow and food to eat.

## References & Resources

Bioaerosols: Assessment and Control, Janet Macher, Sc.D., M.P.H., Editor. 1999. ACGIH, 1330 Kemper Meadow Drive, Cincinnati, OH 45240-1634.

Health Implications of Fungi in Indoor Environments, Edited by R.A. Samson. 1994. Elsevier Science, P.O. Box 945, Madison Square Station, New York, NY 10159-0945.

Damp Indoor Spaces and Health, Institute of Medicine of the National Academies, Washington, DC, 2004

Field Guide for the Determination of Biological Contaminants in Environmental Samples, 2<sup>nd</sup> Edition, Edited by L-L. Hung, et al. AIHA, Fairfax, VA, 2005.

Recognition, Evaluation, and Control of Indoor Mold, Edited by B. Prezant, et al. AIHA, Fairfax, VA, 2008.

## Useful Websites

[www.acgih.org/resources/links.htm](http://www.acgih.org/resources/links.htm)

American Conference of Governmental Industrial Hygienists - information on Indoor Air Quality and useful links

[www.cal-iaq.org](http://www.cal-iaq.org)

California Indoor Air Quality Program - California Indoor Air Quality resources and useful links

[www.health.state.ny.us/environmental/indoors/air/mold.htm](http://www.health.state.ny.us/environmental/indoors/air/mold.htm)

New York State Department of Health - New York state recommendations for IAQ, indoor mold inspections, remediation, and prevention

<http://www.nyc.gov/html/doh/html/epi/moldrpt1.shtml>

Guidelines for Assessment and Remediation of Fungi in Indoor Environments – a good reference for mold clean up and removal

[orf.od.nih.gov/PoliciesAndGuidelines/ORFPolicies/MoldPrevPolicy.htm](http://orf.od.nih.gov/PoliciesAndGuidelines/ORFPolicies/MoldPrevPolicy.htm)

National Institutes of Health - information mold prevention and remediation

<http://www.niehs.nih.gov/health/topics/agents/mold/index.cfm>

National Institute of Environmental Health Sciences - information on mold

[www.epa.gov/mold/](http://www.epa.gov/mold/)

United States Environmental Protection Agency website on mold and moisture

[www.aaaai.org/nab/index.cfm?p=faq](http://www.aaaai.org/nab/index.cfm?p=faq)

American Academy of Allergy, Asthma, and Immunology – information on mold and allergies and outdoor allergens

<http://www.aanma.org/?s=mold>

Allergy & Asthma Network – information for homes about allergies and asthma

<http://www.homeenergyresource.mn.org>

Minnesota Department of Commerce Energy Information Center – good information on moisture control in homes

<http://eetd.lbl.gov/ie/>

Governmental Indoor Environment Department – good information on indoor health, comfort and energy efficiency in buildings

<http://www.osha.gov/dts/shib/shib101003.html>

Occupational US Department of Labor (OSHA) - A Brief Guide to Mold in the Workplace