



Stirling Technology, Inc.

Mold Fact Sheet

- Molds produce tiny spores to reproduce. These spores waft through the indoor and outdoor air continually. When mold spores land on a damp spot indoors, they may begin growing and digesting whatever they are growing on in order to survive.
- Molds can be found almost anywhere. There are molds that can grow on wood, paper, carpet, and foods. 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 and mold spores in the indoor environment. **The way to control indoor mold growth is to control moisture.**
- Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.
- To address a mold problem and to prevent mold growth: reduce indoor humidity by: venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and dehumidifiers; **increasing ventilation**, and using exhaust fans when cooking, washing dishes, and cleaning.
- Many Americans spend up to 90 percent of their time indoors, often at home. Therefore, breathing clean indoor air can have an important impact on health. People who are inside a great deal may be at greater risk of developing health problems, or having problems made worse by indoor air pollutants.
- Most information about sources and health effects of biological pollutants is based on studies of large office buildings and two surveys of homes in northern U.S. and Canada. These surveys show that 30% to 50% of all structures have damp conditions which may encourage the growth and buildup of biological pollutants. This percentage is likely to be higher in warm, moist climates.

**For more information about indoor air quality and ventilation,
call us at 1.800.535.3448 or visit healthyairpeople.com**

Sources: "Biological Pollutants in Your Home," The Consumer Product Safety Commission (CPSC) and The American Lung Association.

"A Brief Guide to Mold, Moisture, and Your Home," U.S. EPA, Office of Air and Radiation, Indoor Environments Division (6609J), 1200 Pennsylvania Ave., NW, Washington, DC 20460, EPA Publication #402-K-02-003

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*Stirling Technology is home of the RecoupAerator® home air cleaning system,
the #1-rated energy recovery ventilator.*