

## Learn More

*Standard of Care* is a 20 page report full of valuable information and resources for those needing help with mold issues. Sponsored by the American Lung Association and the New Hampshire Mold Task Force, this document contains detailed information including:

- *The mold industry*
- *Mold and your health*
- *Why you have mold*
- *Hiring a consultant*
- *Hiring a remediator*
- *Recommendations*

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*The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. With the generous support of the public, we are "Fighting for Air." When you join the American Lung Association in the fight for healthy lungs and healthy air, you help save lives today and keep America healthy tomorrow.*

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New Hampshire Mold Task  
Force and the American Lung  
Association Present

## Standard of Care for the New Hampshire Mold Industry

*A Guide for Citizens Affected by Mold  
and Moisture in NH Buildings*

Publication date March 2013

## Why Do I Have Mold?

Mold needs moisture in order to grow. Ask yourself, “Where is the moisture coming from?”

### The Most Common Causes of Indoor Mold

- Flooding
- Roof leaks
- Leaking pipes
- Condensation
- Improper ventilation
- Damp basement
- Humid attic

### PROTECT YOUR HOME & HEALTH

Left untreated, indoor mold can cause damage to your home and belongings, as well as a variety of sometimes serious and chronic health issues, including:

- Nasal & Sinus Congestion
- Coughing & Wheezing
- Skin & Eye Irritation
- Asthma Exacerbation
- Upper Respiratory Infections

## How Do I Get Rid of It?

- ▶ **Find and fix all moisture problems as soon as possible.** Look for things like water stains, condensation, leaks, visible mold growth, and musty odors. The first step is to locate the moisture source and then eliminate it.
- ▶ **Remove all wet and/or moldy items from the area.** This includes furniture, carpet, ceiling tiles and sheetrock.
- ▶ **Remove all visible moisture.** Use mops, towels, sump pumps, siphon hoses, dehumidifiers, fans, etc. You must remove all moisture and dry out the space so that your indoor humidity level is less than 60 percent.
- ▶ **Clean and thoroughly dry all items before bringing them back into the area.** Use a mild detergent and warm water to clean non-absorbent items.
- ▶ **Moldy items that cannot be completely cleaned and dried out should be thrown away.** If mold and/or moisture are re-introduced into the area, the mold problem will return.



## When to Call for Help?

- If you have followed all of the tips listed here and you still have a mold problem, it may be time to call a Certified Indoor Air Quality Professional.
- Mold is an unregulated industry - buyer beware! The American Lung Association and the New Hampshire Mold Task Force recommend that consumers look for third party certifications when hiring a consultant, and a minimum of IICRC S520 certification when hiring a contractor, to ensure that their problem is being handled safely, ethically and professionally.
- Consumers may contact the following third party organizations for a listing of certified mold professionals in their area, and for further info:

[acac.org](http://acac.org)

[abih.org](http://abih.org)

[aiha.org](http://aiha.org)

[iicrc.org](http://iicrc.org)