

MOLD

Your home is **most at risk for mold**.

Mold is the leading cause of sick building syndrome and can be the cause of a variety of symptoms, from coughing and sneezing to dizziness and fatigue. Based on your quiz results, your home is most at risk of mold. You may need professional help to safely remove it if you're seeing any of these common indicators:

- A musty or damp odor
- Black, green, or white spots on walls, ceilings, or flooring
- Coughing, sneezing, or **other major symptoms**

Many household molds if left alone can release toxins, that create the cold symptoms often associated with sick building syndrome. These can be made worse if someone in your home suffers from asthma or allergies.

If you know of a mold problem currently, it could be the main cause that's making you sick! Don't wait. Leave it to **Rapid Restoration** to remove the toxins that are causing sick building syndrome. This is the first step to getting rid of your symptoms.

Key Concerns:

- Leaky or burst pipes
- Broken appliances
- Heavy rains
- Ice dams
- High levels of humidity
- Unfinished basement/crawl space
- High levels of dust
- High levels of pet dander or waste
- Blocked roof gutters
- Loose leaves

Tips to Take Care of Your Mold Problem

- **Clean and repair any source of water damage.** If there is an area that is damaged by water and will likely get damaged again, that area is most at risk for mold. Before taking any steps to remove your mold problem, you must first remove the environment that mold can thrive in.
- **Hire a restoration company.** The best way to start reversing the effects of sick building syndrome is to hire a professional to completely remove any instance of mold in your home. They have the equipment necessary to remove any mold, plus they can make sure it won't grow back.
- **Do not use bleach to remove mold.** While bleach is an effective method to kill and remove mold, it creates potentially hazardous fumes that can also make those living in your home sick. It also doesn't soak into porous surfaces, meaning that mold lying below the surface is not removed.
- **Use natural cleaners on porous surfaces.** Natural cleaners like hydrogen peroxide and borax can be used to get at mold underneath the surface, without the fumes and damage created by bleach or ammonia.

Prevention Tips

- **Vacuum at least once a week.** Regularly cleaning your carpets can keep dust and dander levels down. Every few months, you should deep clean your carpet by hiring a professional or steam cleaning it.
- **Regularly wash your bedding.** An unusual source of mold can come from your bedding. Believe it or not, your sheets collect plenty of dandruff, dry skin, hairs, and dirt over a few days. If you don't regularly wash your bedding, your mattress could be at risk of mold, which could be making you sick while you sleep.

- **Don't leave wet clothes in the washing machine.** The longer you leave your clothes in the washer after washing them creates a bigger risk for mold. Set a timer to make sure you put your clothes in the dryer as soon as possible after being washed.
- **Use a vent in your bathroom for two hours after you shower.** The steam and condensation that form every time you use a shower. Keeping your bathroom dry as much as possible can prevent mold from growing in areas where water pools in your bathroom.
- **Make sure your basement, crawlspace, and attic are properly insulated and finished.** A common source of mold are the areas you aren't always entering. By making sure everywhere in your home is properly insulated, you prevent unwanted moisture from entering your home and turning into a huge mold problem.
- **Remove leaves and dying vegetation from near your home.** Raking leaves does more than clean up any unsightly piles of leaves. It can also prevent mold, too. Decomposing leaves can lead to mold, so it's important to regularly clean them up or put them in a designated composting pile.
- **Get your carpets replaced.** If your carpets are over 20 years old, they should be replaced, if possible. While hardwood or other synthetic materials are a lower risk of mold, it still may be necessary to have carpets. If so, make sure to regularly vacuum and clean to prevent mold growth underneath.

More Resources

Mold could be hiding somewhere in your home, without you even knowing. Here are some of the more common places mold grows in your home, and what to look for, so if mold ever does become a problem, you can catch it right away.

Read More: [Where Is Mold Hiding in Your Home](#)

Understand the risks of mold and the more common types that could be hiding in your home. Get more insight on how to properly clean mold and prevent it from coming back.

Read More: [Mold: How to Eliminate It and Prevent It From Coming Back](#)

Black mold is one of the more dangerous common varieties of mold that could be lurking in your home. See what it looks like, how it enters your home, and other ways you can make sure it doesn't become a problem for you.

Read More: [Understanding the Risks of Black Mold](#)

Want more tips on how to prevent sick building syndrome? Get more in-depth information on the tips listed above, plus a few more easy ways you can keep your home clean and mold-free.

Read more: [How to Prevent Sick Building Syndrome](#)

Disclaimer

This report is not intended to professionally diagnose any issues with your property or provide medical advice. It is intended to educate and inform. If you're experiencing any of the symptoms caused by sick building syndrome, you may want to consult with a licensed health professional.