

## HOW TO CLEAN UP SMALL AREAS OF MOULD

You can clean small areas of mould yourself. A small area is less than the size of a standard green garbage bag folded in half — for example, stained ceiling or minor mould growth at a sink.

If you notice mould or signs of dampness, such as water on the windows, do not use humidifiers or vaporizers, unless medically necessary. Clean and dry the area instead. Remember to:

- Wear rubber gloves, glasses, a dust mask and long sleeve shirt when cleaning mould.
- Scrub washable surfaces with laundry soap solution. Wipe the detergent solution on with a sponge or cloth.
- Rinse the washed surface with a clean rag and water. Wring this rag or sponge into a separate container. Replace rinse water frequently. Do not put a dirty sponge or cloth back into the clean rinse water.
- Dry the surface so there's no residue.
- Throw out dirty cleaning materials that cannot be washed.

Contact your Building Manager if mould will not come off with washing, if mould comes back after cleaning, about larger mould areas, or if you think your home has a lot of mould.



## FOR MORE INFORMATION:

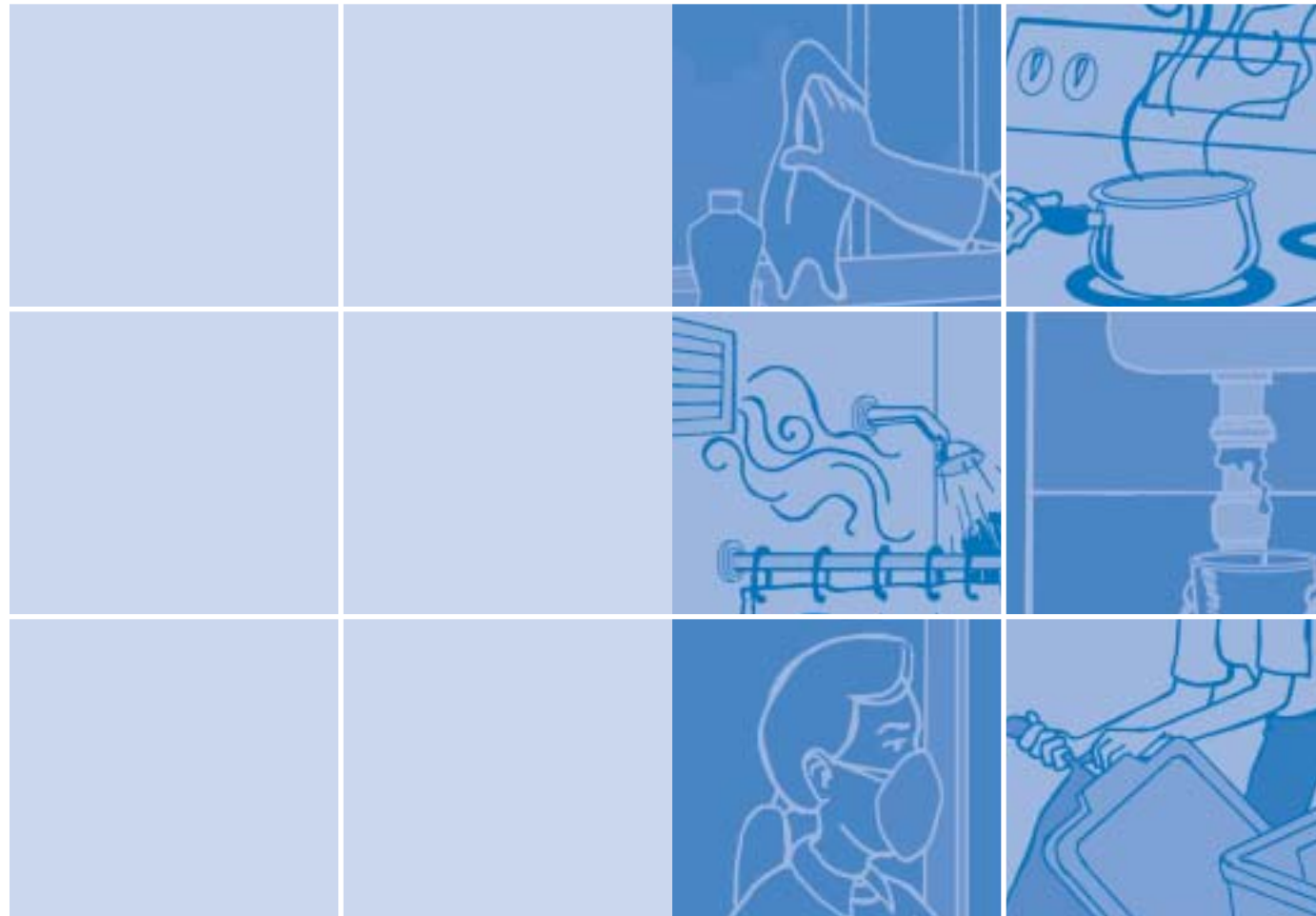
- Contact your PPM
- Visit the Homeowner's Guide section of the Canadian Mortgage and Housing website



BC Housing

# Mould Management Guide for Residents

Source: *First Nations Occupants' Guide to Mold, CMHC*



## INTRODUCTION

Mould can grow in your home, but you can take steps to prevent this. If you have a small amount of mould in your home, you can clean it up.

Although the most common types of mold are not hazardous, some types of mould inside buildings can cause adverse health effects, including allergies and illness.

This brochure tells you:

- How to prevent mould from growing
- How to find out if mould is growing in your home, and
- How to clean up small amounts of mould

## HOW TO FIND OUT IF YOU HAVE MOULD IN YOUR HOME

Mould grows in damp places, and can be black, grey, green or white. Mould often looks like a stain or smudge, and may smell musty. Check for signs of moisture or mould:

- In the basement
- Under or behind stored materials
- Under the kitchen or bathroom sink
- On the wall or floor next to the bathtub
- At the bottom edge of windows
- In corners and/or closets
- On ceilings

Find out if water is coming in from the outside, or if lots of moisture is being produced inside your home. Notify your Building Manager if your roof or plumbing leaks.

**TIP** Wear rubber gloves, glasses, a dust mask and long sleeve shirt when cleaning mould.



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## HOW TO PREVENT MOULD FROM GROWING

Mould needs moisture to grow. You can prevent mould from growing by controlling moisture and keeping your home dry. For example:

- Cooking and bathing produce moisture. Open a window or use exhaust fans to remove the moisture.
- Increase airflow by keeping interior and closet doors open, when possible. Maintaining correct room temperatures and providing for adequate air circulation reduces mold growth. The recommended thermostat settings range from 16°C (61°F) to 21°C (70°F).



- Open your curtains and/or blinds to allow airflow and prevent moisture from forming on windows. Do not hang blankets up on windows, as this will trap moist air, resulting in mold growth.
- Reduce the amount of materials you store, especially items no longer in use. For example, stored fabrics, paper and wood collect dust and hold moisture.

## MOULD-PROOFING YOUR HOME

### Basement, crawl space or storage space

- Get rid of clothes, paper and furniture stored in the open in your basement. Only keep items you can wash. Throw out wet, badly damaged or musty smelling materials.
- Store items in your basement in sealed plastic containers.
- Keep your storage and basement tidy so air can move around more easily.
- You can use a dehumidifier to help reduce moisture. Close windows when the dehumidifier is running.

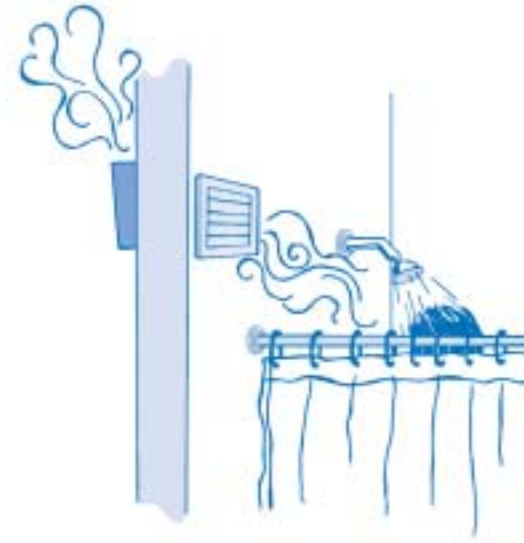
### Laundry

- Connect your clothes dryer to an exhaust ducted to the outside.
- Remove lint every time you use the dryer.
- Avoid hanging laundry indoors to dry.



### Bathroom

- Turn the bathroom fan on when you shower, and keep it running for one hour after you finish showering.
- Take short showers if possible.
- Clean and dry surfaces that get wet, such as the walls around the bathtub and shower.
- Quickly clean up any water on the bathroom floor after family members shower or bathe.



### Kitchen

- Turn on the fan over your stove when you are cooking.
- Minimize prolonged boiling and use pot lids to limit moisture loss.
- Check under the kitchen sink to make sure there are no leaks.

### Closets and bedrooms

- Ways to improve air circulation include keeping your closets and bedrooms uncluttered, doors open and avoid storing boxes and furniture against outside walls.

### Other tips

- Do not bring furniture that has been stored in a mouldy place into your home.
- You may want to reduce the number of potted plants in your home, because soil provides a good place for mould to grow.

