

## Mold and Indoor Air

Although Snohomish Health District does not have an indoor air quality program, we do provide information on how to clean up mold problems and how to prevent mold growth.

In most cases it is not necessary to test for mold in order to solve the problem. If you suspect that you have mold in your home, you can usually identify it using your eyes and nose. The presence of mold does not necessarily lead to symptoms. However, if you experience symptoms, please see your doctor. If you do have a mold problem, you should use your resources to wash away the mold with soap and water, and then stop its growth by controlling moisture.

Moisture control is the key to mold control. You can achieve this control by removing the moisture source and increasing ventilation. Check to see if your home has a structural or plumbing problem causing a leak, or a humidity problem. If your home has over 10 square feet of mold in one area you may want to seek help from an experienced contractor.

If you are a renter:

- You may want to explore the Washington Residential Landlord-Tenant Act which defines the minimum duties of landlords and tenants of residential dwellings. Landlords must provide information concerning mold to tenants. <http://www.wsba.org/media/publications/pamphlets/landlord-tenant.htm>
- We refer all landlord/tenants mold questions to this web site: [http://www.doh.wa.gov/ehp/ts/IAQ/Got\\_Mold.html](http://www.doh.wa.gov/ehp/ts/IAQ/Got_Mold.html)
- If you don't have money for an attorney you may want to look into Volunteers of America's Dispute Resolution Center of Snohomish and Island Counties. Their phone number is 1.800.280.4770. <http://www.voaww.org/Get-Help/Dispute-Resolution-Services/MediationFacilitation.aspx>

The following links are provided for your information:

1. **Asthma Resources** Asthma Alliance of Snohomish County [http://www.snohd.org/Shd\\_HS/HealthData.aspx](http://www.snohd.org/Shd_HS/HealthData.aspx) then select Publications and Reports / Recent Publications / General Population / Asthma Resource Guide
2. **Asbestos in Your Home** Puget Sound Clean Air Agency (PSCAA) <http://www.pscleanair.org/regulated/asbestos/homeowners/asb-brochure-in-your-home.pdf>
3. Puget Sound Clean Air Agency (also contains links on page 6 to additional information sources): <http://www.pscleanair.org/news/library/factsheets/next10/IndoorAirQuality.pdf>
4. **A Brief Guide to Mold, Moisture and Your Home** EPA <http://www.epa.gov/mold/moldbasics.html>
5. **The Inside Story A Guide to Indoor Air Quality** EPA <http://www.epa.gov/iaq/pubs/insidest.html>
6. **Got Mold?** DOH (English and Spanish) [http://www.doh.wa.gov/ehp/ts/IAQ/Got\\_Mold.html](http://www.doh.wa.gov/ehp/ts/IAQ/Got_Mold.html)  
<http://www.doh.wa.gov/ehp/ts/IAQ/got-mold.pdf>
7. **Landlord Tenant Act brochure** VOA [www.voanw.org](http://www.voanw.org) then select Get Help (top), then Dispute Resolution Services (left side), then Landlord / Tenant Services (left side), then Summary of Landlord / Tenant Law (left side) available in both English and Spanish <http://www.voaww.org/Get-Help/Dispute-Resolution-Services/Summary-of-LandlordTenant-Law.aspx>
8. **A Citizen's Guide to Radon** (English and Spanish) <http://www.epa.gov/radon/pubs/citguide.html>

9. Asthma Publications and Resources <http://www.epa.gov/asthma/publications.html>  
[http://www.alaw.org/asthma/asthma\\_management/asthma\\_handbook](http://www.alaw.org/asthma/asthma_management/asthma_handbook)
10. **Clearing the Air about Asthma Triggers: 10 Steps to Make Your Home Asthma-Friendly**  
<http://nepis.epa.gov> then search for document 402F04017  
<http://yosemite.epa.gov/opa/admpress.nsf/d0cf6618525a9efb85257359003fb69d/c3fdead6e0b8f323852570d60070ff70!OpenDocument>
11. Mold Resources: <http://www.doh.wa.gov/ehp/ts/IAQ/default.HTM#moldresources>  
<http://www.epa.gov/mold/index.html>
12. Building Science [www.buildingscience.com/resource/mold](http://www.buildingscience.com/resource/mold)
13. Canada Mortgage and Housing Corporation **Fighting Mold — The Homeowners' Guide**  
[http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/momo/momo\\_005.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/momo/momo_005.cfm)