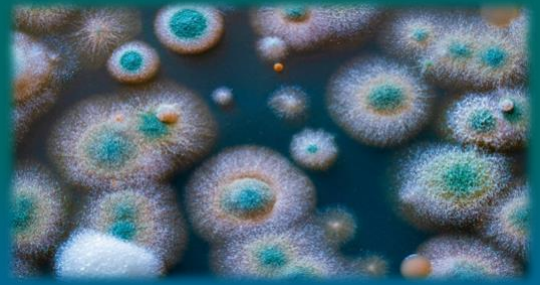# MOLD and your HEALTH

Can Mold Make Me Sick?

Yes – mold can make some people feel like they have a cold.

They might have a sore throat, runny or stuffy nose, itchy eyes, cough, headache, feel tired, have trouble breathing, or a skin rash.

People with asthma, breathing problems, COPD, transplants, allergies, or cancer might have severe reactions to mold.

Is It in My Home?

It could be in your home if you have water leaks or damp areas. Common spots include:

BEHIND WALLPAPER	ON WALLS	AROUND WINDOWS	IN VENTS	UNDER SINKS

Can I Clean It?

GO If you do NOT have health problems and the area is less than 10 square ft.

You can clean it yourself using:
- ✓ Rubber gloves, mask, and goggles
- ✓ Bleach solution (1 cup water + 1 cup bleach)
- ✓ Water, bucket
- ✓ Sponge or rag
- ✓ Fan or towels

STOP If you have asthma, COPD, or other health issues or the area is more than 10 square ft.

Hire a contractor to clean it.

Scan the QR Code for More Cleaning Instructions

Michigan Department of Health & Human Services

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What Can I Do to Prevent Mold?

Fix leaks or areas where water seeps into the house.

Use a dehumidifier.

Use a vent fan when showering.

Use a vent fan over kitchen stoves.

Consider monitoring humidity levels using a device called a hydrometer.

Special Note for Renters:

Report all plumbing leaks and damp areas to your building owner, manager, landlord, or superintendent.

Pennsylvania has no state law about landlord duties for mold prevention or repair.

Where Can I Get More Information?

There are no federal or Pennsylvania state regulations about mold.

Check homeowners or renters' insurance policies to see if mold cleanup is covered.

Check the Department of Community and Economic Development webpage for grants or loans that can help with mold clean-up.

CDC | Mold Information

EPA | Mold Information

If you have questions or concerns about mold, please contact the Division of Environmental Health Epidemiology at dehe@pa.gov or 717-787-3350.

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