



OKINAWA FAMILY HOUSING

Ten Things You Should Know About Mold

1. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.
2. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.
3. If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.
4. Fix the source of the water problem or leak to prevent mold growth.
5. Reduce indoor humidity (to 30–60%) to decrease mold growth by: venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing, and cleaning.
6. Clean and dry any damp or wet building materials and furnishings within 24–48 hours to prevent mold growth.
7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.
8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.
9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).
10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

If you have IAQ and mold issues in your school, you should get a copy of the [IAQ Tools for Schools](#) Action Kit. Mold is covered in the IAQ Reference Guide under [Appendix H - Mold and Moisture](#).

How Can People Be Exposed to Asbestos?

Asbestos fibers may be released into the air by the disturbance of asbestos-containing material during product use, demolition work, building or home maintenance, repair, and remodeling. In general, exposure may occur only when the asbestos-containing material is disturbed or damaged in some way to release particles and fibers into the air.

For more information on these and other health effects of asbestos exposure see the [Agency for Toxic Substances and Disease Registry](#), the [National Institute for Occupational Safety and Health](#) and the [National Cancer Institute](#).

Where is Lead Found?

Lead can be found in all parts of our environment – the air, the soil, the water, and even inside our homes. Much of our exposure comes from human activities including the use of fossil fuels including past use of leaded gasoline, some types of industrial facilities, and past use of lead-based paint in homes. Lead and lead compounds have been used in a wide variety of products found in and around our homes, including paint, ceramics, pipes and plumbing materials, solders, gasoline, batteries, ammunition, and cosmetics.

Lower Your Chances of Exposure to Lead

Simple steps like keeping your home clean and well-maintained will go a long way in preventing lead exposure. You can lower the chances of exposure to lead in your home, both now and in the future, by taking these steps:

- Inspect and maintain all painted surfaces to prevent paint deterioration
- Address water damage quickly and completely
- Keep your home clean and dust-free
- Clean around painted areas where friction can generate dust, such as doors, windows, and drawers. Wipe these areas with a wet sponge or rag to remove paint chips or dust
- Use only cold water to prepare food and drinks
- Flush water outlets used for drinking or food preparation
- Clean debris out of outlet screens or faucet aerators on a regular basis
- Wash children's hands, bottles, pacifiers and toys often
- Teach children to wipe and remove their shoes and wash hands after playing outdoors
- Ensure that your family members eat well-balanced meals. Children with healthy diets absorb less lead. See [Lead and a Healthy Diet, What You Can Do to Protect Your Child \(PDF\)](#)

Radon- A colorless, odorless, naturally occurring, radioactive, inert, gaseous element formed by radioactive decay of radium (Ra) atoms. The atomic number is 86. Although other isotopes of radon occur in nature, radon in indoor air is almost exclusively Rn-222. - From [Radon Glossary of Terms](#)

For more information on any of these subjects please got to <http://www.epa.gov/>

Occupant Signature _____ **Date** _____

Inspector Signature _____ **Date** _____

OKINAWA, JAPAN

Mold Prevention Tips

A Guide for Residents of our Community

- ✓ Do not block or cover any heating, ventilation, or air conditioning duct or fan coil units.
- ✓ Clean A/C filters every 30 days. If you have pets clean the filters every 15 days.
- ✓ Maintain a temperature in your home between 70 and 76 degrees in air conditioning season.
- ✓ Maintain a temperature in your home between 65 and 74 degrees in heating season.
- ✓ Clean and dust your home on a regular basis. Use environmentally safe household cleaners.
- ✓ Regular vacuuming and mopping removes household dirt and debris that contribute to mold growth. A vacuum cleaner with a HEPA filter will help remove mold spores.
- ✓ Periodically clean and dry the walls and floors around the sink, bathtub, shower, toilet, windows, and patio doors using a common household disinfecting cleaner. On a regular basis, wipe down and dry areas where moisture sometimes accumulates, such as countertops, windows, and window sills.
- ✓ Never run the exhaust fan continuously. Use the bathroom fan when bathing or showering and allow the fan to run until all excess moisture has been vented from the bathroom.
- ✓ Use the exhaust fan in your kitchen when cooking or while the dishwasher is running and allow the fan to run until all excess moisture has been vented from the kitchen.
- ✓ Use fans to keep air circulating and run dehumidifiers to reduce the indoor humidity level
- ✓ If you have a clothes dryer in your unit, clean the lint filter after each use and promptly report any damage to the vent connection. If condensation forms within the closet, wipe it daily. Dry damp clothing as quickly as possible.
- ✓ Limit houseplants to a reasonable number to limit excess humidity in your home and limit molds that could grow on the solid surface. Avoid over watering.
- ✓ If you clean up a spill on your carpeting, blot the area dry.
- ✓ Do not overfill closets or storage areas. Overcrowding restricts airflow.
- ✓ Place desiccants such as “Damp Rid” in closets to reduce moisture.
- ✓ Do not leave external doors, windows open...hot humid air and cool air cause condensation.
- ✓ Do not store items in A/C mechanical room.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS CONTACT OUR CUSTOMER SERVICE AT [634-HOME](tel:634-HOME).

