



## Mold Can Trigger Asthma

Mold is a living organism in our environment that can trigger asthma. Mold grows in damp and moist conditions. It can grow on wood, paper, carpet, and foods. It comes in many colors including black, white, green, pink, and orange.



Mold can be found in damp, dark places like bathrooms, kitchens, or basements. If your basement has flooded you may have mold. Damp and wet window panes can also develop mold.

### Removing mold and keeping mold from growing

#### To keep mold from growing

- Keep bathroom and kitchen clean and dry.
- Keep living space well ventilated.
- Use a de-humidifier to keep humidity low in the house.
- Keep air conditioning pans clean and dry.
- Do not use a vaporizer or humidifier to make steam in a room.
- Fix leaky plumbing.



#### To remove mold

- White vinegar is a good way to kill mold (Mix one part white vinegar with one part water.)
- Do not use cleaners such as bleach. They are unsafe for people with asthma and the fumes can hurt their airways.



**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**