

KEEP IT DRY

ASTHMA TRIGGER

MOLD

- **Damp and/or water damaged areas can grow mold**
- **Mold spores become airborne and waft through both indoor and outdoor air continually.**
- **Mold is a common allergen and is a known trigger for asthmatic attacks**



ASTHMA ACTION STEPS

- **Fix all leaky plumbing and other places where water can get into the home.**
- **Wash mold from surfaces and dry very well. Carpeting and other things that cannot be dried well may need to be replaced.**
- **Decrease humidity, avoid humidifiers.**
- **Vent the clothes dryer to the outside**
- **Use exhaust fans or open windows in bathrooms and kitchens when showering, cooking or using the dishwasher.**

