



HERE'S TO YOUR HEALTH!

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Environmental Influences

Molds. Molds (also referred to as mildew) can be found throughout the house, outdoors, and in certain foods. Molds produce lightweight spores as part of their reproductive process. It is these spores, spread by air currents, that can be associated with allergic symptoms, including asthma.

Although some molds do have seasons when they tend to flourish, mold spores are present in our environment both outdoors and indoors on a year-round basis. Molds tend to flourish when there is moisture and high humidity.

Common locations for mold growth and some practical suggestions for mold control are listed below:

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Damp basements provide ideal conditions for mold growth. Often the use of a dehumidifier is sufficient to control the situation. It is best to try to repair a leaky basement that becomes wet whenever it rains, as this situation consistently invites mold growth.