

MOLD ALLERGEN

Helpful tips for mold allergen avoidance

- **Visual Inspection** – A visual inspection for mold, leaks or moisture is the first step. Check under sinks in the bathrooms and kitchen, around the shower and ceiling in the bathroom. Check around the windows and walls for condensation.
- **Reduce moisture & repair leaks** – Remove carpets where it has gotten wet. Check for mold on soap, tiles and grout around sinks and tubs monthly. Repair any plumbing leaks. Wash shower curtains.
- **Use a HEPA air filter** – Use a HEPA filter in the home to help reduce mold and other allergens in the home.
- **Get rid of surface mold** – Use a water and detergent mix on hard surfaces where mold is found. Use a dehumidifier to dry the room out. If mold covers more than 10 square feet, contact a mold remediator.
- **Keep humidity low** – Keep the humidity levels in the home below 40%. A hygrometer may be used to measure the humidity level.
- **Ventilate** – Increase airflow in rooms and between rooms.
- **Stay indoors** – Stay indoors on high mold count days if possible. Make sure to change clothes, shower and wash hair after spending any time outside and before going to bed to avoid bringing allergens into the bedroom and bed.
- **Use a HEPA vacuum/steam clean carpets** – Use a vacuum with a HEPA filter and steam clean the carpets to help reduce allergens in the home.
- **Wash bedding** – Wash bedding in soapy, hot water each week will help with allergen reduction in the bedroom. In addition to bedding, it's important to remember to wash curtains, rugs, and pillows.
- **Clean your humidifier** – Your humidifier moisturizes the air and while helpful for sinuses it can create a perfect home for mold. Make sure you do in fact need a humidifier. If your humidity levels are above 40% then you do not need a humidifier. If under 40%, then clean and change the filter regularly per the instruction manual.
- **Additional measures for pet owners** – If your patient has a pet, there are additional measures they should take to help reduce the amount of mold allergen they may be bringing indoors.
 - Keep pets off the furniture and out of the bedrooms.
 - Frequently bathing pets is key for reducing allergen levels in the home.

Does your patient have mold allergen in their home?

Exhale is the first and only Do-It-Yourself test that measures your home for mold, dust mite, pollen, mouse, roach, cat and dog allergens. Designed and trusted by leading allergists. Proven to directly measure allergens and molds impacting the health of allergic individuals. It's the missing puzzle piece to your allergy and asthma prevention and treatment plans

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