



# HEALTH AWARENESS

## Mold And Mildew—Moisture Is The Problem

(NAPSA)—The fungus is still among us. Mold has been around practically since the beginning of time. Though there has been increasing public attention on a potential or suspected role in human illness from certain strains of mold, the Texas Medical Association has concluded that public concern for adverse health effects from inhalation of mold spores is generally not supported in any available data to this point.

Carpet, along with many other household building materials, has unwittingly become some sort of evil contributor to the rise of so-called “toxic mold.” When addressing the air quality issues in homes, businesses and schools, however, let’s be reasonable and direct in finding the sources of the problems first, rectifying problems, and then providing the very best environments for all.

Carpet is not a source of these problems, and in fact, has been confirmed to be a valuable asset in the battle for better indoor air quality.

Here are some facts you may want to know:

Mold has these five growth requirements:

- Something to feed on: paper, wood, natural fibers, even soil.
- Moisture, which can include high humidity in the air.
- Moderate temperatures, especially between 68-86 degrees F.
- Stagnant air, especially unfresh or non-circulating air.
- Time: typically there isn’t much growth for the first 24-48 hours.

Prevention and identifying the source of an indoor air quality



**“Clean and dry” are today’s healthy home catchwords. To fight mold, keep things clean and keep them dry.**

problem is essential. Remember, mold is a direct result of moisture within a building. Find the water source and fix it immediately. Also, keep humidity levels down and make sure the HVAC system is properly maintained and working. Keep fresh air circulating.

Most of the mold you see, is harmless. Certain types of mold can aggravate allergies. Often, carpet is recommended for its filter-like qualities. That’s because carpet has an innate ability to hold dust and other allergens, a very unique and positive feature no other floor covering can claim. It traps allergens from being circulated into the breathing zone whereas other surfacing does not. Carpet is also easier and less costly to clean from a time and labor standpoint.

So what should be done about mold?

The answer in three simple words is: “Clean and dry.”

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**Note to Editors:** This article is one in a series of 6 to educate the public about the health and safety benefits of carpet and rugs in addition to the importance of maintaining proper care of them.