



St. Lawrence County Public Health Department

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Press Release

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FOR IMMEDIATE RELEASE

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SPRING INTO ACTION TO PROTECT YOUR HOME FROM MOLD

Canton, NY:

After a long winter, the coming of spring can be a time of new growth, not just for you, but for mold too. Here in St. Lawrence County, months of heavy snowstorms followed by rapid thawing can lead to everything from ice dams and leaking roofs to flooding basements. Such events can lead to mold growth, and the longer these conditions go uncorrected, the more damage that mold can do to your home.

Mold exposures can trigger a number of health effects including headaches, congestion, skin rashes, and shortness of breath. In addition to physical problems, new research is showing that mold toxicity can also manifest itself in a psychiatric way including brain fog, depression, and insomnia.

Tips to protect your home after winter:

- Inspect your home for signs of moisture. This includes searching for holes around the roof, sloping ground, and melting frost near the basement
- Clean out gutters and clear away any tree branches that might be encroaching upon them
- Test your sump pump to ensure it is working properly
- Inspect hoses, pipes, and fittings to prevent potential leaks
- Direct water away from your foundation
- Practice good housekeeping and clean/change out vent filters regularly
- Act Quickly! If wet materials are dried within 24-48 hours - mold will typically not grow

“There are many types of mold, and none of them will grow without water or moisture.” ~EPA

-more-

Got Mold?

Mold spores are a part of our natural environment and are found everywhere. If you are considering purchasing a mold test for your home, it is a good idea to keep in mind that there are no standards set by New York State or the Environmental Protection Agency to designate “safe” mold levels. Instead, if you smell mildew or suspect you have a mold problem, search your home for signs of moisture, condensation, and/or water damage. Once you identify where the moisture is coming from, you can eliminate it, replace the damaged surfaces, and thereby keep your home free of mold. For larger jobs, consider hiring a licensed NYS Mold Assessor and Mold Remediation Contractor.

For further information:

[A Brief Guide to Mold, Moisture, and Your Home EPA-402-K-02-003, September 2010](#)

[Could Mold Be Affecting Your Mental Health? - Mental Health Connecticut \(mhconn.org\)](#)

[A Brief Guide to Mold, Moisture and Your Home | US EPA](#)

[p228.pdf \(ny.gov\)](#)

[p227.pdf \(ny.gov\)](#)

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