Having any kind of allergy is nothing to sneeze at. A mold allergy is especially bothersome because molds can grow invisibly anywhere in the house where it’s cool and damp.

But there are some things you can do. By controlling the environment in your home, you can significantly reduce your allergic symptoms caused by mold.

Here are some easy steps to take:

**Reduce humidity**
Excess humidity (over 60%) can accelerate mold growth. So the easiest way to reduce mold growth is to lower the humidity. Here are some ways to accomplish this:

- Dehumidify and heat your basement
- Keep a light burning in damp closets
- Ventilate crawl spaces
- Vent the clothes dryer to the outside
- Reduce the number of house plants and terrariums

**Wage war on mold.**
You’d be surprised where molds can grow. But you can help stamp them out by taking the following steps:

- Remove from the home all items that tend to grow mold such as old musty books, plants, mildewed carpets, etc.
- Paint damp areas with mold-inhibiting paint
- Don’t let damp clothes sit in the washing machine. Dry immediately.
- Clean dehumidifiers, humidifiers and air conditioners regularly to prevent mold growth.
- Encase mattresses, box springs, pillow cases in dust-proof covers.
- Dry bathroom walls after showering. Use bleach or Lysol to clean areas where mildew thrives such as tile grout, shower curtains, toilet tanks and window sills.
- Install a bathroom fan and vent to the outside.

**Avoid contact with mold.**
If you’re sensitive to mold try to avoid the following:

- Cutting damp grass
- Raking damp leaves and debris that can stir up mold growth
- Sleeping in basement bedrooms

We’re here to help.
If you believe you might have a mold or other allergy, this office can help. We can perform a number of simple, painless and quick tests to determine exactly what may be causing the allergic reaction. We can also provide an effective treatment plan and helpful hints to make living with allergies a lot easier. Ask us for more information today.