Prescriptions for Prevention

Mold

Did you know?

Mold depends on moisture to grow. Mold can trigger asthma and allergy symptoms.

Action Plan

- Reduce moisture by increasing ventilation (airflow): open windows slightly when showering, use exhaust fans.
- Fix water leaks. Renters, report leaks to your landlord.
- After a flood or water leak: remove wet items and completely dry the area within 48 hrs.

If you see mold:

- Eliminate the source of moisture/water first.
- Scrub mold from hard surfaces with soap and water, or vinegar, and dry completely.
- Avoid using bleach (unless you are cleaning sewage).
- Do not paint over mold.
- Discard moldy objects that can't be cleaned.
- If mold covers an area more than 3ft x 3ft, hire a professional mold abatement company. Cleaning this amount of mold yourself can be hazardous
- If you rent, report mold to your landlord. If conditions are not fixed, ask your local building department or code enforcement official to inspect your home for water damage or leaks.

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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Resources

Fixing Leaks

If you are a home owner and need assistance fixing leaks or other home structural problems you may qualify for help through the Philadelphia Energy Authority. There is sometimes a waiting list. For more information, call (215) 686-4483 or fill out their application by clicking here or scanning the QR code:

Emergency leak repairs

If you are a homeowner and are experiencing leaking or broken sewer lines, water service lines, or roof leaks causing at least 4 ft by 4 ft of damage you may be eligible for free repairs. Find out more by clicking here or scanning for their website:

Report Mold for an Inspection

If you are a tenant and see mold growth in your home you can report this to the city by calling 311. License & Inspections will come and inspect your home for free. They will notify and work with the landlord around compliance issues. You may also report other structural issues like a leaking roof, missing windows, plumbing etc. to get connected with resources the City is currently offering.

Healthier cleaning

The Environmental Working Group database lists the least toxic cleaning products to use at home. Visit: ewg.org/guides/cleaners

For Asthma Home Visits and Classes

The Community Asthma Prevention Program conducts home visits with eligible children and their families to provide education, supplies, and support on managing your child's asthma. For more information you can call (215) 590-5261, click here or scan for their website:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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