

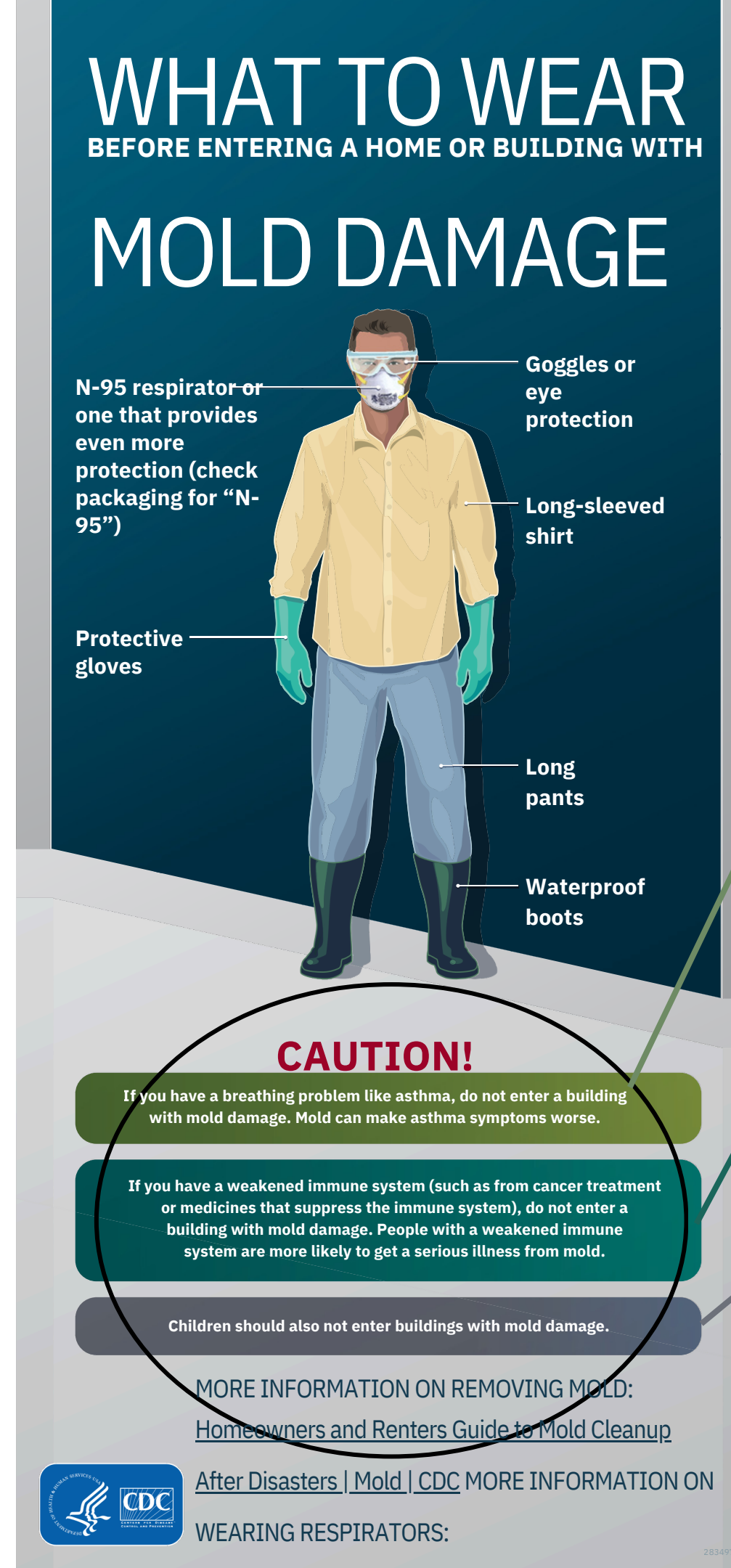
Mold Cleanup Recommendations

Prevention: [Mold - Environmental Health \(virginia.gov\)](https://www.virginia.gov)

- Fix leaks
- Clean/dry wet building materials
- Reduce humidity (try to achieve 30 to 60%)
- Use exhaust fans
- Use air conditioners and dehumidifiers
- Add insulation to reduce condensation
- [What to Wear Before Entering a Home or Building with Mold Damage \(cdc.gov\)](https://www.cdc.gov)

Clean-up

- The Commonwealth of Virginia does not require contractors to be licensed to inspect mold
- Mold remediation contractors must have a certification from the Institute of Inspection, Cleaning, and Restoration Certification.
- Mold inspectors may hold certification from private industrial hygiene associations
- **Protecting health** · [What You Can Do to Protect Your Respiratory Health During Disaster Cleanup | Natural Disasters | CDC](https://www.cdc.gov)



CAUTION!

If you have a breathing problem like asthma, do not enter a building with mold damage. Mold can make asthma symptoms worse.

If you have a weakened immune system (such as from cancer treatment or medicines that suppress the immune system), do not enter a building with mold damage. People with a weakened immune system are more likely to get a serious illness from mold.

Children should also not enter buildings with mold damage.