



To help prevent mold and mildew growth:

- Do not open windows while heating or cooling units are operating. This will cause condensation and may contribute to mold growth.
- Do not leave wet or damp clothes, towels or shoes in closets. Set them out on drying racks until completely dry.
- Do not place potted plants or any other source of moisture on or around heating and cooling units.
- Do not block the airflow from your heating or cooling unit.
- Maintain a reasonable room temperature year round (70 – 76 degrees)
- Do not place heat generating appliances such as microwaves or refrigerators directly underneath the room thermostat.
- If you see what you suspect are small amounts of mold, it can be cleaned with a general household cleaner. Maintain good housekeeping practices and clean your room, bed linens, clothing and towels on a regular basis.

Washington University in St. Louis is committed to achieving excellence in providing a healthy and safe campus and supporting environmentally sound practices in the conduct of university activities. It is WashU policy to comply with all applicable environmental health and safety laws, regulations, and requirements.

Washington University in St. Louis implements best management practices and initiatives to systematically integrate environmental, health, and safety considerations into all activities.

Please contact your hall director or go to our hall desk if you have any reason to think you have a mold/mildew issue in your room.

How to Prevent Mold and Mildew

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Please pay special attention to the recommendations below to prevent mold and mildew growth in your room:

- Molds are part of the natural environment. Molds may begin growing indoors when mold spores land on wet or damp surfaces.
- Molds produce allergens, but like any other allergen, exposed individuals will respond differently. Some may have no reaction, while others may experience hay-fever type symptoms or more severe symptoms. If you are having symptoms you believe may be the result of mold allergens, make an appointment with Health Services for an examination.
- There is no practical way to eliminate all mold and mold spores indoors. (From the Environmental Protection Agency: <http://www.epa.gov/mold/ten-things-you-should-know-about-mold>)
- Washington University in St. Louis has a Mold Management Plan for identifying and treating areas of potential mold and mildew growth.
- Generally, it is not necessary to identify the species of mold growing in an area, and the Centers for Disease Control does not recommend routine sampling for molds.
- Moisture sources may include leaking pipes, standing water, damp clothing or towels, mattress pad toppers or condensation in the air.

FACTS:

Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors.

–Environmental Protection Agency