

# Tips for Preventing Mold & Mildew and Improving Air Quality



Nash County Public Health  
EveryWhere, EveryDay, Everybody

- Open and close foundation vents at least with the season. Allow some ventilation throughout winter if pipes are protected from freezing. Consider installing temperature controlled vents or foundation vents with fans.
- Use exhaust fans that vent to the exterior of the home in the bathroom and kitchen to remove steam and moisture.
- Ensure that clothes dryers vent to the exterior of the home.
- Install a moisture barrier under your home (plastic covering the soil in the crawl-space).
- Find and repair all roof leaks.
- Find and repair leaking windows (small amounts of condensation on windows is normal).
- Find and repair plumbing waste and supply leaks in and under the home.
- Reduce or eliminate burning oil, gas or wood in the home. A byproduct of combustion is water.
- Reduce or eliminate burning candles.
- Install gutters on the home and direct the water away from the foundation.
- Improve drainage of rainwater away from the home.
- Clean out closets so that there is good air flow around and between items stored. Remove storage from the floor in closets.
- If closets have mold and mildew problems, leave the door open to improve ventilation.
- Do not close rooms off. Allow all rooms to maintain a constant temperature, get fresh air and light.
- Do not turn heating and cooling units off when you are at work or away temporarily.
- Open windows to allow fresh air when conditions are suitable.
- Open blinds and shades to allow natural light into the home.
- Avoid humidifiers and consider dehumidifiers during humid months.
- Ensure that heating and air filters are in place and clean or replace them monthly.
- Vacuum your HVAC vents and ducts as far as you can reach.
- Always allow drying time after wet cleaning of cabinets, closets, furniture, etc.
- Clean regularly. Avoid dry dusting. Use a vacuum with good air filtration.

**For more information, please contact Nash County Environmental Health at 252-462-9829.**