



REMOVING MOLD ON SHOES

Use a nylon brush to remove superficial growth from leather shoes.

For other shoes, create a 50/50 solution of alcohol and water. Wipe with a soft cloth.

To prevent future mold growth, ensure shoes are allowed to dry thoroughly in open air before storing in closets or under beds.

Keep in mind that mold will gradually consume the material that it is growing on. It is important to treat items as soon as mold growth is discovered.

Areas with poor air movement and a source of moisture are likely areas for mold growth.

USE OF MILICIDES

Mildicide" is a new term or name given to products that are used in dealing with mold or mildew contamination.

Remember that if you choose to use a mildicide to remove mold and its odor from your clothes, always read the label for proper techniques.

Mildicides are still chemicals and can be harmful to your health if not used properly.

If every item of clothing or fabric in your closet appears to be affected with mold, fog the entire closet with your chosen mildicide.

TIPS FOR ALLERGY SUFFERERS

Trees on campus can cause issues for those sensitive to pollen and other allergens. If you experience sensitivity, as with all health concerns, please seek the assistance of Student Health Services and/or your health care provider. Below are also some suggestions to help cope during the high pollen seasons in this area.

1. If medication has been prescribed to reduce your sensitivity, follow the instructions of your doctor and/or medical personnel.
2. Track the pollen count at <http://www.pollen.com/> and on the days that the count is "high" try to stay indoors as much as possible.
3. Keep windows and exterior doors closed to reduce the number of allergens entering your apartment or residence hall room.
4. Vacuum and dust regularly to reduce the number of allergens that may have hitchhiked into your space on you or your roommate's shoes or clothes.
5. If you find you are extremely sensitive, you may want to invest in a HEPA Filter vacuum to capture as many allergens as possible.
6. Avoid tossing your book bag or the clothes worn outside on your bed to prevent spreading allergens to your sleeping area.
7. Consider showering and washing your hair before going to bed to also avoid introducing allergens to your bed linens.
8. Additionally, if you remain highly sensitive to allergens, you may consider investing in an air purifier for your area to remove as many allergens as possible from the air.

For more information, contact:
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Preventing Mold in Residence Halls



NORFOLK STATE
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www.nsu.edu



The Hampton Roads area is extremely humid all year round but particularly in the spring and fall.

Humidity creates an optimum environment for the growth of mold spores. Mold is everywhere, in the air we breathe, all the time but there are actions that can be taken to minimize or eliminate spread.

TIPS

- Do not open windows. Mold spores enter indoor areas through open doors and windows.
- Use air conditioning units to cool your space. Keep the units running at all times. Constant airflow in rooms minimizes moisture concentrations. Don't cover vents with food or clothing.
- Prevent condensation. Reduce the potential for condensation on cold surfaces (i.e. pipes, walls or windows near AC units). Wipe dry.
- Open drawers and wardrobe doors frequently to allow air movement.



CLEANING MOLD IN YOUR ROOMS

Mold can be found in bathrooms, windowsills (particularly over HVAC units and on other surfaces). This mold can be wiped off the surface with a damp cloth and cleaning agent (such as window or bath cleaner).

Solutions of baking soda, bleach, hydrogen peroxide or lemon with water may also be used for cleaning mold accumulations.

Identify the source of moisture if possible and eliminate it.

Report significant mold growth to Residence Life staff. They will arrange thorough room cleaning and monitoring of room conditions.

REMOVING MOLD FROM CLOTHING

Clothing is the perfect place for mold growth. If you happen to find mold on an article of clothing – hopefully its been caught quickly – there are a few ways to go about removing it.

Remember timing is of the essence when dealing with mold growth because the longer mold stays on the fabric, the worse it will smell and the more time it has to weaken and eventually rot your clothes.

Here are a couple of ways you can easily, safely, and quickly remove mold that is growing on clothing and get rid of the musty, moldy smell at the same time.

- Clean sinks and showers daily with a product designed for this purpose that kills mold and mildew, including your shower liner.
- Avoid leaving damp clothes in laundry baskets or wardrobes and damp towels lying around. Wash and dry promptly using clothes dryers.
- Wipe moisture off footwear. Let dry in open air.
- If a bath exhaust fan is provided in your living space, be sure to turn the fan on when showering.
- Report any water problems (leaks behind a toilet or under sinks, dripping faucets, wet carpet, leak from a ceiling, moisture under tiles, drips heard behind the air intake cover, etc.) immediately by submitting a request.
- Never allow water to sit on soft surfaces (carpets, towels, sheets, etc) for long periods of time.
- During the summer months never set thermostats below 72 degrees; during winter months never set thermostats above 68 degrees.
- If you see mold or mildew in the building, submit a request.