


# How to Maintain a Healthy Home



You should maintain and clean all appliances that come in contact with water. Moisture may build up and mold can grow.

## Maintain Clean Surfaces

- Clean moist surfaces, such as showers and kitchen counters. These are places that build up moisture and could end up being a place for mold growth.
- Remove mold from walls, ceilings, floor and paneling using water and detergent. Do not simply cover mold with paint, stain, varnish or a moisture-proof sealer, as it may resurface.
- Replace moldy shower curtains, or remove them and scrub well with a household cleaner and rinse before rehangng them.

## Dust Control

Controlling dust is very important for people who are allergic to animal dander “skin flakes” and mites. Ways to help control it include:

- Always wash bedding in hot water (at least 130° F) to kill dust mites.
- Use synthetic or foam rubber mattress pads and pillows, and plastic mattress covers if you are allergic.
- Clean rooms and closets well, dust and vacuum often to remove surface dust.

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