



HEALTHY BUILDINGS, INC

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REDUCING HIGH LEVELS OF MOLD, YEAST, OR BACTERIA IN YOUR BUILDING

If your building has high levels of mold, yeast or bacteria, three steps are usually required to reduce the concentration to a low level, after the source of the moisture is fixed. These three steps include cleaning (removing the source of the problem and the spores), ventilating (bringing in fresh air and reducing the relative humidity), and maintaining (keeping things clean and dry).

1. CLEANING:

After the source of any water leaks or high humidity is repaired, a professional cleaning crew (such as Paul Davis Restoration, Atmosphere, or Superior Cleaning) must do a very thorough "spring cleaning" of the affected rooms and the HVAC system and ducts.

Every surface in all rooms with counts over 2,000 CFUs should be thoroughly cleaned and disinfected. All horizontal surfaces must be damp wiped or HEPA vacuumed. The surfaces can then be gone over again with a 10% bleach solution or other commercial disinfectant.

2. CARPET CLEANING

Carpets should be HEPA (High Efficiency Particle Air) vacuumed (in one direction and then again in a perpendicular direction) and steam cleaned with 180° F steam. Request that no deodorizers or surface treatments are used. Rugs and walk off mats should be sent out for cleaning preferably with 180° F dry steam.

The hard non-wood floors should be disinfected with a professional disinfectant, or 10-20% solution of chlorine bleach in water (smelly but cheap), or 3% hydrogen peroxide solution (not smelly but very expensive). Caution: bleach can damage wood floors. Curtains and all soft materials should be washed in 130° F water, dry cleaned, or at least shaken out or beaten well and aired out in the sun all day.

3. VENTILATING:

The humidity should be maintained at between 30-50%. 55% is marginal and over 60% will allow the molds and yeasts to bloom again. CO₂ levels should be maintained at 300 ppm over outside levels in all rooms, at all times.

4. REDUCE SURFACE AREA

The amount of dust in a building is proportional to the amount of surface area. Whenever possible, store books, papers, files, etc. in boxes or shelves with doors. This way you can easily dust the horizontal surfaces and reduce the dust load in the building.

3. MAINTENANCE:

Keep the building dry and clean at all times. Clean requires keeping skin flakes, food, and dust as low as possible. Use an allergy (HEPA) vacuum. Vacuum carefully and often. Vacuum carpets in one direction, and then go over them again in a perpendicular direction.

Dust all horizontal surfaces with a damp cloth once a week. Have hard smooth floors rather than carpets, if possible. An optional fourth step is installing a high efficiency fine dust filter. The HVAC system must be maintained every three months. This includes replacing filters and cleaning both supply and return registers.