

MOLD

**A Comprehensive
Look Into Its
Destructive Nature**



BROUGHT TO YOU BY:



1 WHAT IS MOLD?

Molds are simple, microscopic organisms, more commonly referred to as fungi that are found virtually everywhere. Their small particles are present both indoors and outdoors. At least 1,000 species are common in the U.S. Outdoors, they function to decompose dead organic material such as leaves, wood and plants, but indoors mold growth should always be avoided. Mold can grow anywhere there is moisture, including hidden areas in your home. The mold will feed and destroy whatever it grows on. Mold growth on surfaces, like walls, ceilings or doors will generally cause discoloration and can often be identified in green, grey, brown or black patches.



2 WHAT DOES MOLD NEED TO GROW?

Mold needs only three things to thrive: moisture, humidity and an organic material to feed on. Mold will be more commonly found in areas near the source of moisture in a property, primarily in damp, warm and dark areas, such as:

- BASEMENTS** ◆ **KITCHENS** ◆ **CLOSETS** ◆ **BATHROOMS**
- BOILER ROOMS** ◆ **DRAIN & SEWER AREAS**
- VENTILATION SYSTEMS** ◆ **(HVAC SYSTEMS AND DUCT WORK)**
- UNDER CARPETING** ◆ **BEHIND WALLPAPER** ◆ **BOTTOMS OF WALLS**

Mold can grow anywhere there is moisture, including hidden areas in your home.

When mold spores drop on places where there is excessive moisture, such as anywhere leaks may have occurred in pipes, walls, roofs, plant pots or anywhere there has been flooding, they will grow. An ideal temperature range for mold growth is between 40 degrees and 100 degrees Fahrenheit. Mold will grow on any organic material such as wood, paper facing on sheetrock and other materials made from wood, that have been exposed to moisture. Mold can also decompose some synthetic materials such

as adhesives, pastes, paint and non-porous material such as concrete. Some molds get their moisture from the air, provided the air is very damp, which generally occurs at a humidity level of at least 40%. This makes basements and attics the perfect environment for mold infestation.

3 HOW DO I KNOW IF I HAVE MOLD IN MY HOME?

Mold can be both seen and/or smelled. If you notice warping of the floors, discoloration of walls and ceilings or paint peeling, that may be indicative of mold growth. Condensation is also a sign of excessive moisture and humidity. The smell of mold can often be described as earthy or musty. Some of the common causes of mold contamination include:

- ◆ **FLOODING**
- ◆ **LEAKY ROOFS**
- ◆ **SPRINKLER SPRAY HITTING THE HOUSE**
- ◆ **PLUMBING LEAKS**
- ◆ **HUMIDIFIERS**
- ◆ **SEWAGE OVERFLOW**
- ◆ **DAMPNESS IN THE BASEMENT OR CRAWL SPACE**
- ◆ **STEAM FROM SHOWERS OR COOKING**
- ◆ **OVERLY MOIST HOUSE PLANTS**
- ◆ **CLOTHES DRYERS VENTILATING INDOORS**
- ◆ **WET CLOTHES DRYING INDOORS**
- ◆ **DYSFUNCTIONAL VENTS**
- ◆ **FOUNDATION SEEPAGE**

A study conducted by the OSHA stated that one third of the 70 million Americans who work indoors do so in buildings that are breeding grounds for an array of contaminants, including molds and bacterium.

If any of these apply, you may have mold in your home. It is best to look behind and underneath materials, such as carpets, wallpaper, flooring, sinks and cabinets. Also look around pipes and areas of condensation, in the basement and attic, on furniture and any items in storage. If you enter a room that smells moldy, but no visible mold is present, there might be hidden mold somewhere nearby. Places where hidden mold can be found include the back side of drywall, wallpaper or paneling, the underside of carpeting or pads, in-wall pipe leaks, inside duct work, on insulation and in roof materials above ceiling tiles.

4 WHAT ARE THE HEALTH RISKS OF MOLD EXPOSURE?

According to the U.S. Environmental Protection Agency, "All molds have the potential to cause health effects. Molds can produce allergens that can trigger allergic reactions or even asthma attacks in people allergic to mold. Others are known to produce potent toxins and/or irritants."¹ The EPA sponsored a meeting in 1998 on mold and health. It concluded that "exposure to mold may constitute a health threat resulting in respiratory symptoms in both upper and lower airways, an increased incidence of infections and skin symptoms."² Allergy either to mold or other indoor agents also presents a health risk. At very high mold exposure levels, nose bleeds, hemoptysis and pulmonary hemorrhage have been documented."³



Ways you can become exposed to mold: Breathing in the spores from the air; Skin contact from handling an item that has mold growing on it; Eating without properly washing hands after handling moldy objects.

Air in our homes can be seventy times more polluted than outdoor air, and 30%–50% of the structures we live in are damp enough to encourage growth and buildup of biological pollutants, such as mold. Poor indoor air quality has been linked to legionnaire's disease, asthma, hypersensitivity pneumonitis and humidifier fever, and prolonged exposure to mold, which produces airborne spores that are inhaled, has resulted in fever, shortness of breath and mold infections of the lungs. The EPA states, "Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later."⁴

According to the World Health Organization, approximately one third of new buildings worldwide are unfit for human use due to severe indoor air pollution.⁵

In 1986, The World Health Organization acknowledged Sick Building Syndrome as a recognizable disease.⁶

According to ABC News' 20/20, "while there is no evidence toxic mold in the home is deadly—there is increasing debate about how dangerous

it might be, and the Center for Disease Control and Prevention is funding a study of mold's health effects."⁷

A study conducted by the Occupational Safety and Health Administration, (OSHA), stated that one third of the 70 million Americans who work indoors do so in buildings that are breeding grounds for an array of contaminants, including molds and bacterium.

The U.S. Government estimates that Americans are exposed to over 200 different types of mold on a daily basis.⁸

The National Clearinghouse for Educational Facilities reported in 2002 that poor indoor air quality in school facilities is widespread. The symptoms reported include irritated eye, nose and throat; upper respiratory infections; nausea, dizziness, headaches and sleepiness/fatigue. The term "Sick Building Syndrome" came to refer to this problem. As of today, many states throughout the U.S. have mandated the testing of indoor air quality in schools at least 3 times a year.⁹

"Black Mold," or *Stachybotrys*, is a slimy greenish-black fungus, that the Centers for Disease Control & Prevention, (CDC), say has been linked to the death of babies from respiratory bleeding and as a contributing factor to illnesses such as bronchitis and asthma.¹⁰

1) www.epa.gov/mold/intro.html 2) [www.ters.com/mold/health/htm-Health Risks](http://www.ters.com/mold/health/htm-Health%20Risks) 3) www.ehpnet1.niehs.nih.gov/docs/1999/suppl-3/465-468rylander/abstract.htm 4) www.homehealthyhomes.com/indoorAirQuality.htm 5) www.habitatsafesolutions.com 6) www.airteknv.com/services/mold.htm 7) [www.basementrx.com/mold_removal.html-Mold Removal](http://www.basementrx.com/mold_removal.html-Mold%20Removal) 8) www.permanent_waterproofing.com/mold_removal.html 9) www.homehealthyhomes.com/indoorAirQuality.htm 10) www.cdc.gov/mold

5 SHOULD I BE CONCERNED OF MOLD IN MY HOME?

Mold...literally, a growing concern. National media attention has alerted the public to the destructive dangers of hidden mold spores that could affect your family's health, home and workplace. EPA studies indicate that air levels of indoor pollutants may be two to three times higher than outdoor levels. Mold, the most dangerous offender of all, often goes undetected because of its invisibility. Mold has the potential to cause health problems and even make a home uninhabitable.

Mold on a bedroom wall



Those most at risk generally include:

- ◆ INFANTS
- ◆ CHILDREN
- ◆ THE ELDERLY
- ◆ IMMUNE COMPROMISED PATIENTS
- ◆ PREGNANT WOMEN
- ◆ INDIVIDUALS WITH EXISTING RESPIRATORY CONDITIONS

There are several ways you can become exposed to mold: Breathing in the spores from the air; Skin contact from handling an item that has mold growing on it; Eating without properly washing hands after handling moldy objects.

If there is mold growth in your home, you must eliminate the mold and repair the water problem, or the mold will reoccur. If the contaminated area involved is large, you may wish to consider hiring a professional. You owe it to yourself to minimize your exposure to mold spores in the indoor environment.

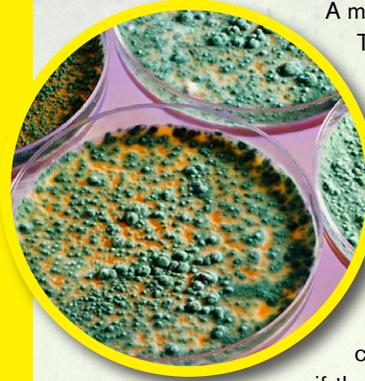
6 HOW DO I PREVENT MOLD GROWTH IN MY HOME?

The following are specific recommendations to inhibit mold growth:

- ◆ KEEP THE HUMIDITY LEVEL IN THE HOUSE BETWEEN 40% AND 60%.
- ◆ USE AN AIR CONDITIONER OR A DEHUMIDIFIER DURING HUMID MONTHS.
- ◆ BE SURE THE HOME HAS ADEQUATE VENTILATION, INCLUDING EXHAUST FANS IN KITCHEN AND BATHROOMS.
- ◆ CLEAN BATHROOMS WITH MOLD KILLING PRODUCTS.
- ◆ DO NOT LAY CARPET IN BATHROOMS AND BASEMENTS.
- ◆ REMOVE OR REPLACE PREVIOUSLY SOAKED CARPETS AND UPHOLSTERY.



7 HOW SHOULD I PROCEED IF MOLD GROWTH EXISTS IN MY PROPERTY?



A mold inspection is your first line of defense! To find out if mold exists throughout your property, it is recommended to have a mold inspection conducted by a certified environmental technician.

NOTE: A visual inspection is the initial step in identifying possible mold contamination problems. It will identify any visible water leaks or moisture stains on ceilings, walls, floors, or under counters. Air Sampling may be necessary if the presence of mold, allergens, or toxins is suspected, but cannot be identified by a visual inspection. Tape/Swab Sampling is used to identify specific mold types present on surfaces.

Recommendations and Laboratory Results:

Once the home has a visual inspection and the mold circumstance has been evaluated, a remediation plan is necessary to remove the mold and prevent future contamination. Based upon site evaluations and sampling lab analysis results, your inspector can provide a detailed written report that can be used for disclosure and references. In all situations, if mold exists, the underlying cause of the water damage must be corrected.

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8 MOLD FAQs

WHAT ARE MOLDS?

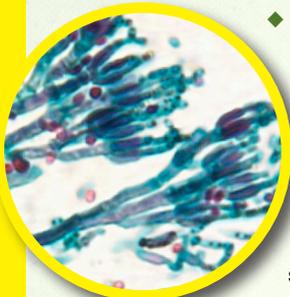
Molds are fungi that can be found both indoors and outdoors. Molds grow best in warm, damp, and humid conditions, and spread and reproduce by making spores. Mold spores can survive harsh environmental conditions, such as dry conditions, that do not support normal mold growth.

WHAT ARE SOME OF THE COMMON INDOOR MOLDS?

- ◆ **CLADOSPORIUM:** Most commonly identified outdoor fungus. The outdoor numbers are reduced in the winter. The numbers are often



high in the summer. It is a common allergen. Indoor *Cladosporium* sp. may be different than the species identified outdoors. It is commonly found on the surface of fiberglass duct liner in the interior of supply ducts. A wide variety of plants are food sources for this fungus. It is found on dead plants, woody plants, food, straw, soil, paint and textiles. It can cause mycosis. Produces greater than 10 antigens. Common cause of extrinsic asthma. Acute symptoms include edema and bronchospasms, chronic cases may develop pulmonary emphysema.

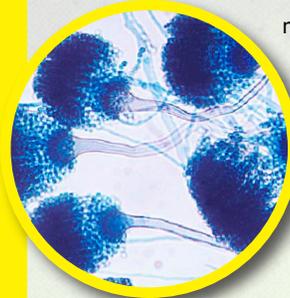


◆ **PENICILLIUM:** Often found in aerosol samples. Commonly found in soil, food, cellulose, and grains. It is also found in paint and compost piles. It may cause hypersensitivity pneumonitis and allergic alveolitis in susceptible individuals. It is reported to be allergenic (skin). It is commonly found in carpet, wallpaper, and in interior fiberglass duct insulation. Some species can produce mycotoxins. Common cause of extrinsic asthma. Acute symptoms include edema and bronchospasms, chronic cases may develop pulmonary emphysema.



◆ **ALTERNARIA:** It is commonly found in outdoor samples. It is often found in carpets, textiles, and on horizontal surfaces in building interiors. Often found on window frames. The species *Alternaria alternata* is capable of producing tenuazonic acid and other toxic metabolites which may be associated with disease in humans or animals. *Alternaria* produces large spores, suggesting that the spores from this fungi are deposited in the nose, mouth, and upper respiratory tract. It may be related to bakers asthma. It has been associated with sinusitis and invasive infection. Common cause of extrinsic asthma. Acute symptoms include edema and bronchospasms, chronic cases may develop pulmonary emphysema.

◆ **ASPERGILLUS:** All of the species contained in this genus should be considered allergenic. Various *Aspergillus* species are a common cause of extrinsic asthma (immediate-type hypersensitivity: type I). Acute symptoms include edema and bronchospasms. Chronic cases



may develop pulmonary emphysema. Members of this genus are reported to cause a variety of opportunistic infections of the ears and eyes. Severe pulmonary infections may also occur. Many species produce mycotoxins which may be associated with disease in humans. Toxin production is dependent on the species or a strain within a species and on the food source for the fungus. Some of these toxins have been found to be carcinogenic in animal species. Several toxins are considered potential human carcinogens.¹

HOW DO MOLDS AFFECT PEOPLE?

Some people are sensitive to molds. For these people, exposure to molds can cause symptoms such as nasal stuffiness, eye irritation, wheezing, or skin irritation. Some people, such as those with serious allergies to molds, may have more severe reactions. Severe reactions may occur among workers exposed to large amounts of molds in occupational settings, such as farmers working around moldy hay. Severe reactions may include fever and shortness of breath. Some people with chronic lung illnesses, such as obstructive lung disease, may develop mold infections in their lungs.

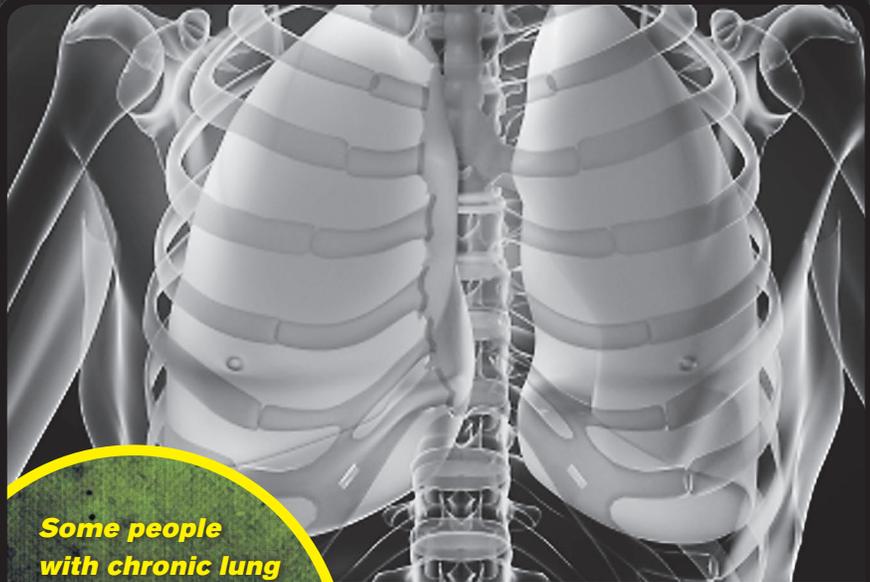
WHERE ARE MOLDS FOUND?

Molds are found in virtually every environment and can be detected, both indoors and outdoors, year round. Mold growth is encouraged by warm and humid conditions. Outdoors they can be found in shady, damp areas or places where leaves or other vegetation is decomposing. Indoors they can be found where humidity levels are high, such as:

Basements, Kitchens, Closets, Bathrooms, Carpeting, Wallpaper, Boiler rooms, Bottom of Walls, Drains & Sewer Areas, and Ventilation Systems.



Mold on a bathroom wall



Some people with chronic lung illnesses, such as obstructive lung disease, may develop mold infections in their lungs.

WHAT TYPE OF DOCTOR SHOULD I SEE CONCERNING MOLD EXPOSURE?

You should first consult a family or general health care provider who will decide whether you need referral to a specialist. Such specialists might include an allergist who treats patients with mold allergies or an infectious disease physician who treats mold infections. If an infection is in the lungs, a pulmonary physician might be recommended. Patients who have been exposed to molds in their workplace may be referred to an occupational physician. Five Boro Mold Specialist is not a clinical facility. Five Boro Mold Specialist does not see patients, diagnose illness, provide treatment, prescribe medication, or provide referrals to health care providers.

MY LANDLORD OR BUILDER WILL NOT TAKE ANY RESPONSIBILITY FOR CLEANING UP THE MOLD IN MY HOME. WHERE CAN I GO FOR HELP?

If you feel your property owner, landlord, or builder has not been responsive to concerns you've expressed regarding mold exposure, you can contact your local board of health or housing authority. Applicable codes, insurance, inspection, legal, and similar issues about mold generally fall under state and local (not federal) jurisdiction. You could also review your lease or building contract and contact local or

state government authorities, your insurance company, or an attorney to learn more about local codes and regulations and your legal rights. You can find information on your state's Indoor Air Quality program at:

http://www.cdc.gov/nceh/airpollution/indoor_air.htm.

I'M SURE THAT MOLD IN MY WORKPLACE IS MAKING ME SICK. WHAT SHOULD I DO?

If you believe you are ill because of exposure to mold in the building where you work, you should first consult your health care provider to determine the appropriate action to take to protect your health. Notify your employer and, if applicable, your union representative about your concern so that your employer can take action to clean up and prevent mold growth. To find out more about mold, remediation of mold, or workplace safety and health guidelines and regulations, you may also want to contact your local (city, county, or state) health department. You can also read the U.S. Environmental Protection Agency (EPA) guidelines.

Exposure to molds can cause symptoms such as nasal stuffiness, eye irritation, wheezing, or skin irritation.



Mold growth on a ceiling

HOW CAN FIVE BORO MOLD SPECIALIST JOIN YOU IN THE EFFORT TO PROVIDE A MOLD-FREE ENVIRONMENT?

Five Boro Mold Specialist has over a decade of experience in mold remediation and water damage prevention for NYC's five boroughs and the Metropolitan Area. Our company has been servicing homeowners, landlords, tenants, businesses, schools, municipal buildings and more with complete mold eradication. We use state of the art equipment, special toxic cleansing gear and EPA-registered disinfectants to rid your property of health-threatening molds, both toxic and non-toxic. Our highly experienced staff is professionally trained and dedicated to providing premium service.



Five Boro Mold Specialist will provide a comprehensive visual inspection by conducting a complete walk through in all areas of the property including basements, boiler rooms, closets, kitchens, bathrooms, bedrooms, offices etc. A thorough inspection of any duct work and/or ventilation systems will be provided as well. Infrared technology will be used to enable our technicians to pinpoint exact areas of excess moisture and/or water damage present behind the walls. This provides us the ability to eliminate the source of the mold growth along with the actual mold itself. Once the source of moisture has been established, FBMS will collect air and surface samples from various areas of suspect mold growth. These tests will determine if mold growth is in fact present, the type of mold present, as well as its severity and source of formation. A comprehensive report will then be provided to the client detailing the lab results, interpreting the infrared images and describing the process necessary to eliminate the mold and repair the water problem to prevent the growth from reoccurring.



The Five Boro staff is extremely knowledgeable in mold remediation, and treats each property on an individual basis, always providing you with a clean and healthy environment. In fact, we are so confident in our work that we offer our trademark satisfaction guarantee on all our services to effectively rid your property of all mold and water damage contaminants. It's no wonder that we have a reputation as NYC's pioneer and leader in effective mold inspection and remediation as well as water damage restoration.

SERVICES PROVIDED:

- ◆ **MOLD, LEAD & ASBESTOS INSPECTIONS INCLUDING:**
 - FULL VISUAL EVALUATION OF THE PROPERTY
 - INSPECTION OF AIR DUCTS, A/C UNITS AND VENTILATION SYSTEMS
 - FULL INFRARED TECHNOLOGY INSPECTION
 - AIR SAMPLING
 - SURFACE SAMPLING (SWAB AND/OR TAPE LIFTS)

- ◆ **COMPREHENSIVE INSPECTION REPORT INCLUDING:**
 - INFORMATION GATHERED UPON VISUAL INSPECTION
 - INFRARED PICTURES ALONG WITH A FULL EXPLANATION OF ALL IMAGES
 - LAB RESULTS FROM SAMPLES OBTAINED
 - TECHNICIANS RECOMMENDATIONS BASED ON INSPECTION AND LAB RESULTS
 - SCOPE OF WORK FOR MOLD REMEDIATION

- ◆ **COMPLETE MOLD REMEDIATION PLANS INCLUDING:**
 - PROPER SEALING OF CONTAMINATED AREAS
 - USE OF NEGATIVE AIR PRESSURE UNITS
 - DECONTAMINATION
 - FUMIGATION
 - AIR FILTRATION VIA HEPA/VAC AND AIR SCRUBBING
 - A/C DUCT CLEANING
 - CARPET SANITIZATION
 - PRESSURE WASHING
 - DEODORIZING
 - DEBRIS REMOVAL FROM PREMISES

WATER DAMAGE CONSULTANT AND STRUCTURAL ENGINEER AVAILABLE.

MOLD IN THE NEWS...

Atlanta Journal Constitution

BY ANDY MILLER

Mold has ruined families, finances, divided scientists, changed insurance coverage, captivated media and created a cottage industry of repair firms. And the uproar shows no signs of abating. Although some people aren't bothered by mold, all varieties have the potential to cause illness. Mold triggers allergic reactions and asthma attacks, fungal infections in the lungs of people with chronic medical conditions, and hypersensitivity pneumonitis, an inflammation in the lungs. Some molds, such as *Stachybotrys chartarum*, are known to produce toxins that can be inhaled. Mayo clinic doctors concluded in 1999 that mold may be responsible for a majority of sinus infections in the United States.

In 2003, 17 states introduces legislation related to mold, introducing bills to study health effect, license remediation firms and create new insurance regulations. A bill is pending in congress to study health problems caused by mold; develop standards for inspections, remediation and testing; give home buyers and renters some protection; and create mold hazard insurance program.

The spike in mold complaints invites the questions: Are our homes moldier than they used to be? Some experts think the answer is "yes." Joe Lstiburek, a Massachusetts-based building design expert, said more moisture-sensitive building materials invite mold growth. "We used to have plaster," he said. "It's drywall now. Mold loves paper. And we're putting it on the outside now. While they're using building materials more susceptible to mold, many builders eliminate or don't properly install flashing and other means of preventing moisture intrusion," Lstiburek said.

The Georgia Board of Realtors in January 2002 recognized the growing problem when it added a question about mold to the long list of items sellers are asked to disclose when they put a new or existing house on

the market. Also the sudden increase in mold claims took the insurance industry by surprise. Property and casualty insurers paid out \$2.5 billion in mold-related claims in 2002, nearly twice as much as 2001. The industry estimates there are 10,000 active mold-related lawsuits.

Newsday: Tenants amid mold weigh options in Westbury

BY JENNIFER SMITH | November 27, 2007

Hundreds of residents at a Westbury luxury apartment complex began scrambling Tuesday for a new place to live, some still reeling from news that they must move out within four months because of what the property owner called "catastrophic" water damage. Archstone-Smith, the Colorado company that developed and manages the complex, said it was too soon to tell whether shoddy construction or design defects were to blame. Meanwhile, tenants at Archstone Westbury weighed their options and wondered if mold and mildew had affected their health.

"The rug was pulled out from under me today," said Juliette Caputo, 50, who has been living there since August 2005. Town of Hempstead officials defended its building department, saying their inspections ensure compliance with state safety and structural codes and could not have detected design flaws or other problems that led to the water damage. Archstone-Smith, which owns about 350 properties nationwide, oversaw construction, using various contractors and subcontractors, company spokesman David Pendery said.

"We don't necessarily know how the water is getting in," Pendery said. "We won't know until we get the building opened up to assess the full extent of the damage." Town and county officials said they had met with Archstone over the past week and were trying to help relocate residents, which include some seniors and people on public assistance.

"Between 360 to 380 of the complex's 400 units are occupied and must be vacated," Pendery said. "We're helping with the Section Eight..." said Nassau County Executive Thomas Suozzi. "I think that this firm has the obligation...to do everything they can to find housing for these folks."

"Tenants will get their last month's rent free and between \$1,300 to \$1,900," Pendery said.

Residents interviewed Tuesday said they were dismayed at having to relocate as the holiday season loomed. Sharise Greenwald, who is eight months pregnant, was in tears as she clutched a memo from building management explaining how she'd have to leave her two-bedroom apartment, where she pays \$2,870 a month. She hopes mold or water damage—if there is any—won't make her child sick. "I hope my baby's going to be OK," said Greenwald, 37, who moved in this summer.

Albert and Angie Comanda said they didn't want to leave their apartment but wondered if mold could explain a mysterious cough that Albert, 69, developed this year. The couple also questioned Archstone's maintenance record, saying the company appeared to simply paint over damage—such as the brownish water stain in a nearby stairwell—instead of fixing the underlying problem.

Pendery denied those charges, saying the company addresses such problems "immediately, once they are brought to their attention."

He said that mold problems at the Westbury complex bore no relation to those at an Archstone building in Bal Harbor, Florida, where the firm agreed in 2003 to pay tenants \$25 million in damages. "The Florida issue was as a result of a faulty HVAC [heating ventilation and air conditioning] system."

Pendery said some Westbury tenants had reported water problems—mostly leaks, but "some calls also about mold"—in 2005 and 2006. Managers thought these were isolated problems until an uptick of complaints after rains this year, he said.

Results from tests in the past few weeks showed that moisture had seeped into the buildings' inner walls, soaking insulation and potentially compromising interior mechanical systems and structural safety, Pendery said.

Archstone did not test for mold, he said, because "there is no governmental standard for amounts of mold—it's not like lead paint." Dealing with mold generally is the responsibility of homeowners and landlords, said state and local health and building officials interviewed Tuesday.

"If you catch it right away and take the proper remedies, it doesn't become an issue," said Joe Sauerwein, commissioner of building and fire prevention in the Town of Brookhaven.

Tuesday town of Hempstead building inspectors checked the Westbury complex for structural damage. "The buildings are safe for tenants to occupy in the interim, but an electrical inspection is needed to make sure the water had not damaged internal wiring," town spokesman Mike Deery said.

This story was reported by SOPHIA CHANG, MATTHEW CHAYES, CARL MACGOWAN AND JENNIFER SMITH. Copyright © 2007, Newsday

Atlanta Journal Constitution

BY ANDY MILLER

Polluted indoor air causes illness daily in offices, schools, and homes across the country. Evidence has been growing for more than 20 years that the air we breathe indoors typically is more polluted than outdoor air. And most people spend 90% of their time indoors. Breathing bad indoor air can cause respiratory infections; asthma, and allergy attacks; skin, eye, nose and throat irritations; damage to the central nervous system and cancer.



PHONE: 718-677-6653

FAX: 718-677-6656

www.FiveBoroMoldSpecialist.com

email: moldspecialist2@aol.com

