



FOR IMMEDIATE RELEASE: JUNE 9, 2011

Seven Ways to Combat Summertime Mold

ATLANTA—Warm weather, seaside vacations, flip-flops and shorts – summer is finally here! A cheery time of year filled with BBQs and the beach, summer is also the peak time for mold allergies. According to the Centers for Disease Control and Prevention (CDC), the number of mold fungi species range from tens of thousands to perhaps three hundred thousand or more!

As warm and humid conditions increase so does the ability for mold growth. Mold grows in damp conditions where it reproduces and sends spores into the air. Inhaling these particles may trigger allergy like symptoms and nasal stuffiness, eye irritation, wheezing, or skin irritation, according to the CDC.

Marie Stegner, consumer health advocate for the Green Clean Certified® [cleaning company](#) Maid Brigade, provides seven green cleaning tips to help eliminate exposure to mold.

- 1. Kill mold naturally.** Pour white distilled vinegar into a spray bottle and spray on the moldy area. Let it set without rinsing.
- 2. Toss the bleach.** Hydrogen peroxide kills mold effectively on clothes, floors, bathroom fixtures, walls and even kitchen appliances. It's a great alternative to chlorine bleach because it's safe for families and the environment. It also doesn't leave behind toxic residue or produce toxic fumes as chlorine bleach does.
- 3. Keep it dry.** Keep the humidity level in your home between 40 to 60 percent. Use a dehumidifier during humid summer months and especially in damp spaces, like basements.
- 4. Clean humidifiers.** Clean humidifiers on a regular basis to eliminate it as a breeding ground for bacteria and mold.
- 5. Store with care.** Put away collectibles and winter clothes in plastic storage bags to

prevent mold growth on clothes and other household items not in regular use.

6. **Use caution when wet.** Dry all kitchen and bath surfaces thoroughly after use. Also check for leaks in the plumbing, walls and roof that can encourage mold growth.
7. **Keep air moving.** Double-check the ventilation throughout the home. Use exhaust fans that vent outside the home in the kitchen and bathroom. Ensure clothes dryers vent outdoors as well.

About Maid Brigade

Maid Brigade cares about the health of today's families. With more than 25 years of experience, the company is the national leader in green cleaning practices and has a longstanding legacy of offering the latest in maid services and technologies. Maid Brigade is the first and only Green Clean Certified® cleaning services franchise that implements a certification program for green house cleaning so customers know that they're getting a green cleaning that is safe and truly green. For more information on Maid Brigade or for more healthy living [cleaning tips](#) visit maidbrigade.com or <http://blog.maidbrigade.com/>.

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