

How to clean off mould

Mould occurs naturally in the air - all it needs to grow in our homes is moisture and some food e.g. dust.

Because mould spores are airborne, it can be breathed in. Mould is linked to poor health, particularly respiratory problems.

Taking action to prevent dampness in your house will help make it less likely that mould grows in your home - - ask for the 'How to make your house less damp' sheet if you don't have it.

Four steps to Cleaning Mould

1. Protect yourself

- Wear gloves, a mask and eye protection
- Open the windows and doors so there is plenty of air flow
- Wash your clothes afterwards.

If you have allergies or asthma, ask someone else to do this cleaning.



2. Scrub

- Scrub with an old toothbrush, scrubbing brush or cloth to get all mould off the surface
- You don't need to buy special cleaning products - you can use warm soapy water or a mixture of 70% white vinegar/30% water
- Clean your brushes and cloths well or throw them out.

3. Rinse

- Rinse it off with clean water or cloths
- Make sure no mould is left.



4. Dry

- Dry off the area with dry clean cloths
- Keep walls and windows dry by wiping off condensation

Repeat these steps every time mould appears. Clean mould as soon as you see it: small patches turn into large patches quickly. Large patches of mould (over one square metre) should be professionally cleaned.

For mould on fabric (e.g. bedding, curtains), read manufacturer's instructions. Wash and dry thoroughly, or, take to the dry cleaners, or throw out.

