



Tips for Cleaning Mould in Your Home

Empowering Community and Removal of Barriers (ECRoB) Project

Cleaning your home and addressing mould growth is essential for maintaining a healthy living environment. When dealing with mould, using scent/fragrance-free and least toxic products that effectively remove mould without introducing harmful chemicals into your home is essential. Here are some tips for cleaning small areas of mould with natural cleaners and creating a regular cleaning schedule (**for larger areas, consult a professional**):

1. **Safety first:** Before starting any cleaning tasks, make sure to protect yourself by wearing gloves, a mask, and eye protection to avoid direct contact with mould spores and cleaning products.
2. **Ventilation:** Open windows and doors to improve ventilation during the cleaning process. Proper airflow helps in reducing the concentration of mould spores in the air.
3. **Vinegar:** Diluted white vinegar is a natural mould killer. Use a mixture of equal parts vinegar and water to clean mouldy surfaces.
4. **Baking soda:** Create a paste by mixing baking soda with water. Apply the paste to mouldy surfaces, scrub gently, and rinse with water.
5. **Avoid bleach:** While bleach is commonly used to clean mould, it can release harmful fumes and may not be effective in eliminating all types of moulds. Opt for the natural alternatives mentioned above for a safer and eco-friendly option.

Establishing a regular cleaning schedule:

Establish a regular cleaning schedule to prevent mould growth and maintain a clean environment. Here's a suggested routine:

- Weekly: Damp dust surfaces, vacuum carpets, and upholstery. Use a damp microfiber cloth to remove dust from surfaces, including areas prone to mould growth, such as bathrooms and basements.
- Monthly: Deep clean bathrooms, including tubs, showers, sinks, and toilets. Use natural cleaners to remove any visible mould or mildew.
- Every 3-6 months: Clean curtains, blinds, and air vents. These areas can accumulate dust and mould spores over time.



- Annually: Inspect and clean your home's ventilation system, including filters and air ducts. This inspection helps maintain good indoor air quality and reduces the risk of mould growth.

Prevention Tips:

To minimize mould growth in your home, implement these preventive measures:

- Fix leaks and water damage promptly.
- Wipe up condensation on windows immediately. Watch for condensation throughout the year.
- Maintain proper humidity levels in your home, ideally between 30-50%.
- Ensure good ventilation in moisture-prone areas, such as bathrooms and kitchens.
- Use exhaust fans or open windows when cooking or showering to remove excess moisture.

Always refer to product labels for usage instructions and follow recommended safety precautions.

Remember, if you encounter extensive mould growth or are unsure about cleaning certain areas, it's best to seek professional assistance to ensure effective and safe mould remediation.