



Preventing Mold after the Flood

The Douglas County Health Department has some suggestions to protect the health of people whose homes have been affected by the recent flooding.

“It doesn’t take a lot of water to create some serious health concerns,” Douglas County Health Director Dr. Adi Pour said. “Moisture can lead to mold in your home and that can make you sick.”

Here are some suggestions in case water gets in your home:

- Prevent mold growth by cleaning up quickly and drying out flooded buildings as soon as possible. Open doors and windows and use fans.
- Mix no more than one cup of bleach in one gallon of water. Use a stiff brush to scrub the surface of any rough items and rinse with clean water.
- Wash your hands frequently with soap and water when cleaning or use alcohol-based sanitizers. Wear protective gear like heavy work gloves, watertight boots, hard hats and goggles.
- Treat wounds with soap and clean water and apply an antibiotic ointment. Call your doctor to see if you need a tetanus shot.

“It’s important to act quickly if water gets in your home,” Dr. Pour said. “This can become a very expensive problem and a serious health concern in a short time.”

Take out items that have been wet for two or more days, especially those that can’t easily be cleaned, such as leather, paper, wood and carpet. Dry wall also may need to be replaced. Cloth items can be washed in hot water.

If an area larger than 10 square feet has been impacted or if there is moisture in the ventilation, it is best to contact a professional.

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