

Living rent-free: Tips for mold in your home

RUN TIME - :36

ANCHOR LEDE

You're cleaning your house, and you spot it: black spots that could be mold.

Uh oh.

Do you need to make an appointment with your primary care provider? Do you need to call a professional to remove the substance? They're questions worth asking to make sure you, your loved ones and your home stay in top shape.

Tim Ditman of OSF HealthCare has more.

~~~~~

Doctor Andrew Zasada provides emergency department care at OSF. He outlines signs you might be having a reaction to mold: runny nose, coughing, sneezing, wheezing, tiredness, brain fog and itching or burning around your mouth. If those don't get better in a few days, see a doctor.

\*\*\*SOT\*\*\*

Dr. Andrew Zasada

emergency medicine physician at OSF

**"There are steroids taken through the nose or mouth. There are antihistamines. There are anti-mold antibiotics, but cases are usually not that severe." (:16)**

I'm Tim Ditman.

~~~~~

ANCHOR TAG

You can try removing mold with a one to 10 ratio mix of bleach and water. If that doesn't do the trick, call a professional.

Also, clean and ventilate your home to prevent mold in the first place.