

Living rent-free: Tips for mold in your home

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.

TAKE VO

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)

VO 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.