

# Before the Storm- Mold and Moisture

A guide for workers



## What do I need to know?



If you live or work in an area where there could be flooding, prepare yourself by talking to your physician about your health, mold exposure and protective gear use.



Protect yourself!

Know what personal protective gear to wear and what work practices are appropriate to keep you healthy and safe.

See: A Guide for Your Safety



Mold needs moisture to survive.

Learn how to identify and correct sources of moisture. Flood water should be drained before working.

“during and even sometimes after clean-up activities, people with any condition that reduces immunity should not be in a mold-contaminated building.”

-NIEHS Disaster Recovery, Mold Remediation Guidance

Seeing or smelling mold is an indicator of moisture. Moisture allows mold and other life such as bacteria, dust mites, and cockroaches to thrive and grow.

**UConn**  
**HEALTH**

INDOOR ENVIRONMENTS  
AND HEALTH

This diagram was developed as part of a project funded under the Centers for Disease Control and Preventions National Institute for Occupational Safety and Health (NIOSH) Hurricane Sandy Cooperative Agreement 1U01OHO10627-01. This diagram is solely the responsibility of the project faculty and staff and does not necessarily represent the official views of NIOSH.

For questions or additional information please contact Paula Schenck at 860-679-2368, [Schenck@uchc.edu](mailto:Schenck@uchc.edu), or Kelly Wallace at 860-679-2971, [wewallace@uchc.edu](mailto:wewallace@uchc.edu)