

WHY IS MOLD DANGEROUS?

Mold and mildew can wreak havoc on our bodies, and many people suffer from symptoms that they don't realize are due to mold. Symptoms can range from runny nose, headaches, rashes, fatigue, depression, and memory problems, to more serious health problems such as respiratory or neurological conditions. Mold exposure has also been found to be associated with cancers.

Mold grows on material with a high cellulose and low nitrogen content, such as fiberboard, gypsum board, paper, dust, and lint, and well as on tents, tarps, and interior walls. Mold growth occurs when there is moisture from water damage, excessive humidity, water leaks, condensation, water infiltration, or flooding. Constant moisture is required for its growth.

It is not necessary to determine what type of mold you may have. All molds should be treated the same with respect to potential health risks and removal.



View the next slides
for mold tips & tricks

HOW TO PREVENT MOLD

ON WASHING YOUR TENT:

Do not put the tent in the washing machine.

Avoid harsh chemicals. Do not use detergent soaps. If possible, use a cleaner that has been specifically designed for tents. They work well against mold spores that are not yet visible, stopping the problem early.

ON DRYING

If you need to pack up your tent before it has dried completely, hang it out to dry as soon as possible.

Once your tent has dried, keep it in a clean, dry area with lots of circulation. Avoid moist or humid air that allows mold and mildew to dry.

TIP

Place Dixie cups between your tent and tarp, to allow air to circulate.

COMMUNITY COOPERATION

Encourage all your fellow campers to ruthlessly prevent mold; consider nominating one person at your camp as the "mold inspector" to help keep things under control.

Be sure you have some sort of ventilation in your tent or shelter; in a tiny house, be sure there are two vents to allow for air flow.

Notes on Bedding:

- Mattresses are sure to grow mold in a tent; if at all possible, use something with a non-permeable cover.
- Wash or replace your bedding once a week during the rainy season, if at all possible.
- Sometimes the dollar store has cheap pieces of foam or yoga mats you can use as a mattress; since they are cheap, it's less painful if you have to throw it out if it gets moldy.
- Be sure to treat your tent, mattress, etc. every few weeks with the vinegar solution below; or don't be afraid to use a mold and mildew killer to help prevent mold; use as directed; a bottle costs \$3 and will last a year.

Do not let water of moisture linger on the tent's surface for too long. Make sure to wipe both the inside AND outside down as soon as rain has stopped.

Work to prevent mold at all costs, but if black mold infests your tiny house or other constructed shelter, strip away all infested materials and rebuild. If you don't treat it right away, it can get between the inner and outer wall and spread from there.

Keep all belongings a few inches away from tent walls, to allow air to circulate.

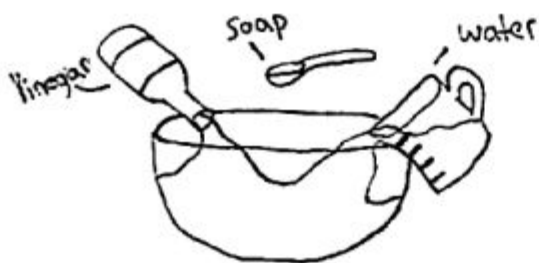




HOW TO TREAT MOLD

MAKING THE TREATMENT

If your tent becomes infected with mold or mildew, dilute a few cups of vinegar in an equal amount of warm water and stir in half a teaspoon of dishwashing soap - no more. Using a sponge or clean cloth, gently wipe down the entire tent. You need to make sure that all of the material is treated.



* tent should not be set up while cleaning



SPOT CLEANING MORE TREATMENT

Once you have thoroughly cleaned it, it is time to focus on the severely affected spots. Dip a soft brush into the solution and scrub these spots. You shouldn't use too much force.

You can also use vinegar straight from the bottle, spray on mold/mildew and scrub, or apply with cloth.

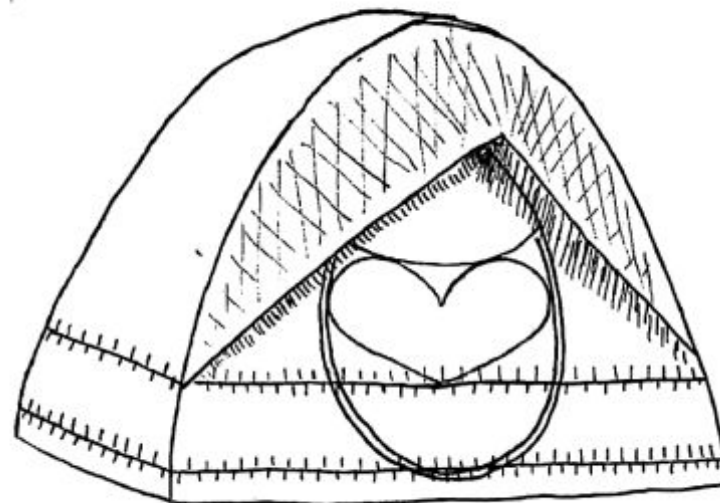


You may want to finish up with baking soda, a natural disinfectant. Spray the area with a mixture of 1/2 teaspoon of baking soda and a cup of water. Scrub the area clean and rinse with water.

Then, make sure that it is dry before you put it away.

Houseless people are some of the hardest hit by environmental hazards, such as air, soil, and water pollution; flooding; winter storms and summer drought; rodents and pests; and other challenges. Houseless people are also incredibly knowledgeable about how to deal with environmental hazards. One goal of RESTING SAFE is to pool that collective knowledge together, to help people learn from each other more easily. Please be in touch!

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