



# Mould Remediation in Homes After a Flood

Mould growth is common in water-damaged homes and buildings. Because exposure to indoor mould growth can result in various health hazards (including difficulty breathing, skin rashes and nose, eye and throat irritation), it is important to remove mould-damaged materials and repair mould damaged areas quickly and safely.

## IMPORTANT STEPS FOR MOULD REMEDIATION:

### 1. ***Wear personal protective equipment***

- Put on protective wear including a long sleeve shirt, appropriate and properly fitted N95 dust mask, safety glasses or goggles and rubber gloves.
- Even with adequate precautions, mould spores may become airborne. As a precaution during clean-up, children, the elderly and sensitive people such as those with asthma, allergies or other health problems should leave the house.

### 2. ***Conduct a visual inspection of the damage.***

- Assess the mould growth to determine the extent and materials that are affected.
- Remember the extent of mould growth will affect remediation requirements. A contractor is recommended if more than 10 square feet of mould growth is noted.

### 3. ***Remove and discard mouldy materials that cannot be cleaned.***

Remove all building materials/items that have been damaged by flood water, or show evidence of mould growth and cannot be cleaned. These materials/items should be placed in a sealed plastic bag and discarded.

- Non-porous materials (e.g. metals, glass, and hard plastics) can almost always be cleaned.
- Semi-porous and porous structural materials, such as wood and concrete can be cleaned if they are structurally sound.
- Porous materials, such as ceiling tiles and insulation, and wallboards (with more than a small area of mould growth) should be removed and discarded. Wallboard should be cleaned or removed at least six inches beyond visually assessed mould growth or wet or water-damaged areas.
- Before starting any remediation or construction work on walls, be sure you know which walls are load-bearing, and consult a contractor for guidance on structural safety.

Detailed information about cleaning up, and discarding or salvaging items and building materials can be found in the document “Cleaning the House After a Flood”.

### 4. ***Clean mould from non-porous surfaces using warm, soapy water.***

Use the gentlest cleaning method that effectively removes the mould to limit dust generation. Dry the surface quickly.

5. ***Clean surrounding household surfaces using warm, soapy water.***  
This will remove any dust and dirt containing mould spores.
6. ***Sanitize clean surfaces to eliminate contamination from flood waters.***
  - Spray or wipe all surfaces with a mild bleach solution (one tablespoon of unscented household bleach to four litres of water). Allow the surface to air dry.
7. ***Replace any building materials only after all structural components are completely dry.***

For more information on cleaning and preventing mould growth in your home, visit <https://www.cmhc-schl.gc.ca/en/first-nation/care-for-your-home/mould/index.cfm>, or contact the local Environmental Public Health Officer or your local Health Centre.

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