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## **NEWS RELEASE**

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### **FOR IMMEDIATE RELEASE**

## **Cold Can Mean Mold**

*Vero Beach, FL - February 1, 2011* - Mold is not just a summertime phenomenon. Colder weather can create ideal conditions for mold growth in your home and faulty plumbing or heating systems can feed the mold problem. Noah Wood of Star Quality Air Conditioning advises homeowners to attack the mold problem before it starts.

“The more your ‘sealed’ home is for energy efficiency, the more germs, pollutants, and allergens it’s keeping in,” says Noah of Star Quality Air Conditioning. “In order to maintain humidity and temperature levels, the same air is continuously recycled throughout a home. This increases comfort, but it can also increase health risks. Breathing certain mold spores can cause illness – or even death – and they can develop inside the dark and damp environments of your duct system”

“Preventing mold may be as simple as lowering the humidity inside the home” said Noah Wood. To prevent mold growth, indoor humidity should be kept below 60%. This is good news since homes may seem more comfortable when the humidity is too low for mold. According to Wood, homeowners should be aware that moisture condensing on windows and doors is a sign of higher indoor humidity. Visible condensation can also be a warning of condensation hidden inside walls or crawl spaces, resulting in unseen mold growth.

The EPA recommends having a heating and cooling contractor check your air conditioning system to make sure it is sized and operating properly to remove humidity. If your system is not sized properly it will not remove humidity like it should. Also, ask the contractor to check your duct system for air leaks and proper air flow to each room.

Noah Wood from Star Quality Air adds that plumbing problems can also promote mold growth. Dripping faucets, leaking or sluggish drains and condensation on pipes all contribute to ideal conditions for mold growth. Check for moisture under sinks, behind toilets, behind the washing machine and inside closets that are adjacent to plumbing fixtures.

Noah told us “You don’t have to choose comfort *or* health. You can have both for your family. It’s simply a matter of taking minor precautions.” To help homeowners prevent mold problems, Star Quality Air Conditioning is offering a free Indoor Air Quality Inspection and Humidity Test. Contact them at 772-299-9818.