

# Healthy Environment



## Mold, undesirable and hard to control

### What is mold?

Mold is formed by microscopic creatures that are part of the Kingdom of Fungi. The visible part of mold on moldy object surfaces, are colonies of those creatures that develop when tiny airborne spores burst. New colonies develop when spores that can travel long distances, find new favorable surfaces to land and develop. Fungal growth requires oxygen, adequate temperature, nutrients and water

Temperature tolerance:

Thermophiles - 35°C +  
human pathogens such as

*Aspergillus Fumigatus*

Mesophiles - 18°C to 35°C

Psychrophiles - some fungi grow at 4°C or below.

Nutrients:

Paper, wallpaper, wallboard, sugars (fruits, vegetables), fabrics, wood, dust, etc



### How do I know if my environment has mold problems?

If you see whitish, greenish, bluish, or even dark spots on the walls or ceiling the place may have mold problems.

- Rooms that accumulate humidity such as bathrooms, kitchens, or air conditioning systems usually have mold problems because fungi develop at high humidity environments.
- Rooms with water leakage or infiltrations may have mold infestation.
- If there is mold infestation in closets, check for leakages from nearby water pipes.
- Buildings under greater risk:
  - Nearby forests due to its high concentration of mold colonies.
  - Nearby the sea or rivers as the high humidity level, raises the development of new mold colonies.
  - Buildings with poor sun exposure as the sun is a natural germicide and helps to prevent humidity.

# Can mold make me sick?

Yes. Besides molds ugly aspect and unpleasant odor, mold can cause harmful effects to human health that might turn into allergic, infections and toxic reactions.

## Allergic Effects

The most common are:

- Nasal congestion and irritation;
- Mucous membrane irritation
- Allergic Reactions – Rhinitis and Asthma
- Sneezes and cough;
- Throat and eye irritation;
- Difficulty breathing;
- Asthmatic crisis;
- Itches and skin stains.

## Infectious Effects

Immune suppressed patients are more likely to develop mold infections. Included in such group we can highlight patients such as

- HIV positive
- Organ transplanted
- Burned
- Under chemotherapy or radiotherapy;
- Newborns
- Elderly
- Other immune-suppressed patients

## Toxic Effects

Mold toxin studies suggest that toxins may be the cause of

- Pulmonary hemorrhage;
- Reactions in the immunological system (reducing the ability of the organism to react to diseases);
- Neurotoxin effects such as fatigue, headaches, memory loss, depression, humor variations, convulsions and shaking
- Potential cancer trigger

It is impossible to completely get rid of airborne mold. Specialists warn that living in environments entirely free of mold spores, bacteria or viruses is not healthy since our immunological system needs to be in activity. The recommendation is to take steps to reduce those airborne microorganisms, not its complete extermination.

## Prevent yourself !

- Reduce the humidity at your residence opening windows daily for about 30 minutes;
- Avoid rain water intrusion and fix possible water infiltrations and leakages within 24 to 48 hours (when possible);
- Regularly clean places that accumulate humidity such as showers, taps and floors;
- Avoid carpets and plants at home;
- Use ClearAir to drastically reduce and hold down contamination levels.

## Clean your home

- Use a cloth or a sponge with one solution made of 1 glass of chlorine diluted in 1 liter water. Scrub the surface with the solution and then clean it again with water and detergent. Let it dry. (NOTE: never mix products with chlorine with those with ammonia as the result is extremely toxic.).
- Whenever possible, leave objects exposed to the sun after cleaning them. It is important that those objects are dry after cleaning otherwise they will be again subject to new mold contamination.
- Porous materials such as wood, fabrics, cushions, and mattresses retain water and are likely to be contaminated making it difficult to clean them. In the event those objects are contaminated, it is advised to dispose them.
- Be careful: always use gloves, masks, aprons and keep a high airflow exchange in the environment during the cleaning process.



Healthy environment , healthy family



## ClearAir Role

Indoor Air Pollution affects our health. It is known that the presence of mold spores may cause or aggravate respiratory problems at home or at work. Airborne mold spores are the “seeds” for any new mold infection or building infestation. Therefore, the key to control infections or infestations is to destroy airborne mold spores and clean preexisting mold colonies. Consequently, we recommend the utilization of ClearAir high efficiency air sterilizers together with the prevention measures hereby suggested. ClearAir is used worldwide with great success in controlling and preventing mold.

Treating the air you breathe, is a matter of health. Have an attitude!

## ClearAir Air Purifiers

**Efficient:** Tested and approved in real environments (not simulated) by the best institutes of the world, ClearAir is confirmed to destroy any microorganism that passes through its sterilizing ceramic core regardless of how hazardous and small it might be

**Silent:** absolutely noise free.

**Exclusive:** Internationally patented technology is a ClearAir exclusive. The only air purifier that also reduces ozone.

**Economic:** No replacement parts required or high energy consumption. The monthly consumption of one ClearAir device (62W) is the same as a regular light bulb.

**No installation required:** Just turn it on and leave it. No maintenance, cleaning, or replacement parts required.

