

## 1 Washing machine



**DO** clean your washing machine regularly

**DO** leave the door and dispenser open, dry the rubber seal

**DO** run a cleaning cycle once a month

**DON'T** let residues build up

**DO** carefully wipe mould from walls and surfaces. Dispose of cloths in a tied plastic bag

**DO** dry clean mouldy clothes and soft furnishings should be shampooed

**DON'T** brush surfaces as you may release mould spores



## 4 Removing Mould

## 2 Face Masks



**DO** wear a face mask. It protects you from exposure to high levels of fungal spores

**DO** use a HEPA filter. An N95 filter will remove over 95% of fungal spores from the air

**DON'T** use a face mask more than once

# DO'S AND DON'TS

**DO** use an extractor fan in the kitchen and bathroom

**DO** open windows while cooking or washing

**DO** wipe condensation off windows and showers

**DON'T** let moisture build up in your home, it encourages mould growth



## 3 Keep your home dry

