

# How to stop mold before it starts

## Showers

1. Before starting the shower, open the window or use the fan.
2. After the shower, spread out the shower curtain to dry out.
3. Wipe down moist walls using a squeegee or towel.

## Kitchens

4. When cooking food like pasta or rice, use the stove's overhead fan to capture the steam or open the window to reduce moisture.

## Closets

5. To air your closets, keep doors open as often as possible.



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**Asthma Task Force**

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