

# Mold Testing

**NC STATE** EXTENSION

## Should I Test for Mold?

---

With the increased concern about mold and its affect on a health, many homeowners are asking the question, “Should I have my home tested or sampled for mold?” In most circumstances, the answer to that question is no.

## EPA Advice on Mold Testing

---

The US Environmental Protection Agency (EPA) advises that mold sampling usually isn’t warranted if you can see visible mold growth. There are currently no threshold limits for mold or mold spores, so sampling a home for mold will not tell the homeowner whether or not their home’s mold sample falls within an acceptable standard for mold exposure. Also, mold identification usually is not necessary because all molds have the potential to cause unfavorable health reactions, especially in people that have pre-existing sensitivities. ***Regardless of the type of mold or the amount of mold, it should not be allowed to grow in your home.*** Once you find it, you should take steps to remove.

For specific information about mold removal and remediation guidelines, consult the EPA Guide, [Mold Cleanup in Your Home](#)

For information about hiring a mold contractor, visit [Hiring a Mold Consultant or Contractor](#).

## What to Do If You Have Mold in Your Home

---

What should you do if you see mold in your home? The first thing is to do some investigation. Mold is a sign of excess moisture. You need to determine the source of moisture and control or eliminate it. Moisture can come from many sources, including leaks, condensation, and ground water. Once you determine the source, take measures to correct the problem.

The Minnesota Department of Health (MDH) created a fact sheet explaining why it does not support mold testing as a first response to indoor air quality problems. For more information about MDH’s stance on testing, visit [Testing for Mold](#).

## Author

**Sarah Kirby**

State Program Leader for Family &amp; Consumer Sciences &amp; Professor Agricultural &amp; Human Sciences

**Publication date: April 20, 2022**

**Revised: March 31, 2023**

---

N.C. Cooperative Extension prohibits discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status.

This publication printed on: Dec. 05, 2023

URL of this page

