



Restoring Your Home Properly After Water Damage



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Mold Week! on Women's Wellness Radio

There are various causes of water damage:

- frozen pipes
- exploded appliances
- toilet overflows
- fish tank leaks

Slow leaks cause the most damage in buildings.

In instantaneous loss, water spreads across your entire room or house very quickly and causes damage over a lot of square footage. But you can get a professional to quickly restore the home without doing a lot of demolition because the house hasn't been wet for so long that microbial growth develops. Trained professionals know how to dry it out to prevent microbial growth.

But in a slow leak, because it happens over time, water comes into the home and only affects a small area and that stays wet for a certain amount of time. Then it gets re-affected with more moisture and continues to stay wet. So the damaged area may be small but be contaminated with a lot of mold and harmful bacteria you may not be aware of.

What to Do Following Water Damage

It is in your best interest to minimize the area that is wet in your home. Throw a bunch of towels, sheets or whatever you can to contain the water to a smaller area then you'll have that small area to dry out later.

Always remove any valuables out of the affected area - art work, electronics, music equipment, etc. With any furniture that has a wood or metal leg, you want to make sure it's on top of wax paper or till foil so it doesn't leave stains on the wet flooring.

Depending on the time of the year, if it is warm outside open the doors & windows because the excess water in the house is going to elevate the humidity. And excess humidity is going to absorb into other absorbent material in your house like wall boards, art work or books and this will start damaging them.

To prevent appliance failure when you're not around or if it's a vacation house, shut the water off at your main. Drain all water in your lines by opening up a water bib from the outside and draining the system. Make sure to close off the footing vents in winter time because the cold air could freeze and break your pipes. Have them clogged up.

Make sure that your exposed water lines are insulated. You can get an alarm from your local stores and put it behind your appliances or in water prone areas and it will send an alarm to your phone to tell you that there's water damage happening. You can also have an automatic shut off placed to your water main and the alarm will cause it to shut.

You can also use a product like [concrobium mold control](#) to eliminate mold toxins and prevent re-infection. In old homes, avoid placing or putting things on exterior walls to avoid moisture condensing there.

Make sure there's sufficient air flow into your home and all your rooms are well ventilated. Make good use of your bathroom fans and ensure that the room is completely dry before the fan turns off. You can even install humidity sensing fans that come on and off automatically when they need to.

If you have a flood scenario, sand bagging the doors will prevent a lot of water from coming in, even if just a few inches. You should never try to save anything that's been contaminated with flood water.

Hiring a Contractor

Visit [IICRC](#) and find a certified practitioner in your area.

Another way is to hire a mold testing specialist or indoor environmental professional (IEP) to come in and establish the scope of the job before the contractor starts his work. He can do air & surface samples and tell you where the mold is and what protocols need to be followed in order to do it correctly. Then after the contractor finishes his work the IEP can come back and inspect or check the area and determine if additional work is required.

The general safety precaution is that if you know that you have mold in a room, you need to seal off that area and seal off the air vent into that room. Place a dehumidifier if you can and tape off the door to that room. All this is so that you can control the air space because you don't want the air being forced out from that room by the vent and going into other rooms.

Resources

[Concrobium mold control](#)

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