



ENVIRONMENTAL SAFETY & HYGIENE ASSOCIATES, INC.

- Indoor Air Quality
- OSHA Compliance
- Asbestos Consulting
- Training
- Lead Consulting
- Industrial Hygiene

## Indoor Environmental Quality Assessment Report

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*33 Clifton Street  
Portland, Maine*

Prepared for

**Mr. Rory Hannon  
Viking Restoration  
109 Willey Road  
Saco, Maine 04072**

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Prepared by

**Mark P. Coleman, CIE, CMR  
Environmental Safety & Hygiene Associates, Inc.**

**Project # 16-160**

***Final Report: July 8<sup>th</sup>, 2016***

# Table of Contents

<b>Section</b>	<b>Description</b>
<b>1.0</b>	<b>Executive Summary (Findings &amp; Recommendations)</b>
<b>2.0</b>	<b>Microbial Analytical Tables</b>
<b>3.0</b>	<b>Worldwide Exposure Standards for Bacteria and Mold</b>

## **Executive Summary**

Environmental Safety & Hygiene Associates, Inc. (ESHA) was retained by Viking Restoration, to conduct a targeted Indoor Environmental Quality (IEQ) assessment within specific areas of a multi-family dwelling that was impacted a fire and water damage incident. The assessment was conducted by Mr. Mark Coleman, a Board Certified Indoor Environmentalist (CIE), Certified Mold Remediator (CMR), and Building Systems Technologist on July 6<sup>th</sup>, 2016.

The assessment was conducted to establish baseline indoor air quality values and assess and document if certain conditions could have a negative effect on the overall indoor air quality and human health and environment. In addition, the assessment was conducted to assist in development and implementation of engineering controls and restoration protocols to assure the safety of workers and rendering the property to its prior condition.

ESHA utilized one type of microbial sampling methodologies (tools) for the assessment, and included testing for;

- Airborne fungal spores (Table 1)
- Visual assessment

## **General Findings**

The following summary of general findings outlines the conditions observed during the visual, physical, and microbial assessment.

### ***Visual Assessment***

A visual assessment of the readily accessible within the impacted areas was conducted to determine if there were any conditions that could have a negative effect on the overall indoor air quality, pose any potential health hazards as it relates to exposures to microbial contaminants, and to assist in recommendations as it relates to implementation of engineering controls and restoration protocols.

a summary of our observations are as follows;

- The rear areas of first floor, second floor, and attic of the dwelling were impacted by a fire and subsequent water damage incident.
- The water applied by the fire department saturated a number of building components and materials to include but not limited to framing, drywall, plaster, carpeting, flooring, and contents.
- At the time of this assessment no signs of water extraction or dehumidification activities or efforts were observed and the impacted areas were still damp and saturated.
- Visible fungal activity was observed on a number of building components and materials and it is likely that fungal activity is present in wall/ceiling plenums and flooring layers.



### **Airborne Fungi Spore Sampling (See Table 1)**

*Airborne fungi spore sampling* was conducted to assess the air quality in numerous locations within the fire damaged areas for airborne fungi spores, particulate, and mycelial fragments. In addition to the indoor air samples and outdoor air sample was collected for comparison purposes.

When comparing the outdoor comparison sample data to the indoor air sampling data and current guidelines the airborne fungi spore testing identified moderate to significant elevations of fungal spores in the first and second floor areas.

The primary genera of airborne fungal spores of concern and identified in the fire damaged areas comprised of *Aspergillus/penicillium*-like spores and is an indicator species of mold growth and contamination as a result of prolonged exposure to moisture or humidity.

#### **Airborne Fungal Spores - Recommended Levels**

Airborne fungal spore concentrations between 1,000 and 10,000 ct/m<sup>3</sup> may be acceptable to the average healthy person indoors, but extremely sensitive individuals may experience symptoms below 4,225 ct/m<sup>3</sup>.

### **Discussion and/or Recommendations**

Based on available governmental and organizational guidelines, the analytical data, and our professional experience, ESHA offers the following discussion and recommendations:

#### ***Discussion***

This assessment was conducted to establish baseline indoor air quality values and assess and document if certain conditions could have a negative effect on the overall indoor air quality and human health and environment. In addition, the assessment was conducted to assist in development and implementation of engineering controls and restoration protocols to assure the safety of workers and rendering the property to its prior condition.

When comparing the outdoor comparison sample data to the indoor air sampling data and current guidelines the airborne fungi spore testing identified moderate to significant elevations of fungal spores in the first and second floor areas. In addition, visual evidence of active fungal growth on a number of building components and materials and it is likely that fungal activity is present in wall/ceiling plenums and flooring layers.



***Recommendations***

Proper selective demolition and restoration of buildings that have been impacted by a fire and or water damage incident is important in order to prevent conditions that could possibly compromise the overall indoor air quality and health and safety of workers. In addition, implementation of engineering controls and proper remediation protocols is key to the success of any restoration project and delivering the client with a structure that has been properly restored.

Based on the findings of this assessment and our professional experience ESHA offers the following recommendations to assure good indoor air quality, they are as follows;

- 1) Isolate the interior of the dwelling from the exterior environment and unaffected areas within by installing critical barriers at all entrances and place the damaged areas under negative pressure with HEPA filtered negative air machines until such time post remediation verification testing is complete.
- 2) Conduct additional and selective remediation/demolition to include drywall, sub-flooring, remaining contents, and floor finishes as needed.
- 3) Conduct mold treatment /sealing of all exposed framing and repair any framing decay, seal with Fiberlock IAQ 6000 series of products to clean and seal the wood surfaces. If the fungal growth is extensive then the materials may need to be dry ice blasted, baking soda blasted, or use other acceptable cleaning methods on roof framing and sheathing to remove surface and embedded mold spores prior to sealing.
- 4) Surface and fine clean the interior of the dwelling using damp wipe and HEPA vacuum methods.
- 5) Conduct post remediation verification visual assessment and air sampling.

**Methodology**

The testing and analytical protocols for this assessment were based on information and methodologies prescribed by American Society of Heating, Refrigeration, and Air conditioning Engineers (ASHRAE), the American Conference of Governmental Industrial Hygienist (ACGIH), the United States Environmental Protection Agency (USEPA), IICRC,s S520 Standard and Reference Guide for Professional Mold Remediation, Occupational Safety & Health Administration (OSHA), the World Wide Standards for Exposures to Bacteria and Mold, and our professional experience.

ESHA appreciates the opportunity to assist you with your Indoor Air Quality needs. Should you have any additional questions and/or needs feel free to contact us at 207.845.2711.

Sincerely,



Mark P. Coleman, CIE, CMR  
President



## ASSESSMENT LIMITATIONS

The observations, conclusions and recommendations described in this assessment report were made under the conditions stated herein, and were arrived at in accordance with generally accepted standards related to indoor air quality investigations and good industrial hygiene practice. The conclusions presented in the report were based solely upon the services described herein, and not on scientific tasks or procedures beyond the scope of described services, time and any budgetary constraints.

The purpose of this survey was to evaluate the potential presence of microbial contamination in the targeted study areas and do not represent other conditions outside our scope of work. Observations were made of the structure as indicated within the report and samples were collected only on the day of the survey at represent a finite period of time.

Where such quantitative laboratory analyses have been conducted by an outside laboratory, ESHA has relied upon the data provided, and has not conducted an independent evaluation of the reliability of the data. These data have been reviewed and interpretations made as presented in the report.

Moreover, it should be noted that variations in the types and concentrations of contaminants including mold, and variations in their distribution may occur due to life cycle, uncontrolled or incidental disturbance, and ambient conditions. Should additional data become available in the future, this data should be reviewed by ESHA, and the conclusions and recommendations presented therein modified accordingly.

The report has been prepared for the exclusive use of *Viking Restoration* in accordance with generally accepted indoor air quality and industrial hygiene practice. No other warranty, expressed or implied, is made.

SECTION 2.0

ANALYTICAL TABLES & REPORTS

Viking Restoration, DKI  
 109 Willey Rd.  
 Saco, ME 04072  
 Project No. 16-160

Airborne Fungi Spore Testing

Testing Date: 07/06/2016

Page 1 of 2

33/35 Clifton St. Portland				
Sample Id	Location/Description	Total Mold Ct./m3	Species of Interest	Mold Count per Species
OD-1	Outdoors	5,990	Alternaria Ascospores Aspergillus/Penicillium Basidiospores Cladosporium Epicoccum Ganoderma Pithomyces Ulocladium	100 480 90 3,000 1,900 40 300 40 40
S-1	1st Floor - Bathroom	1,010	Ascospores Aspergillus/Penicillium Basidiospores Cladosporium Ganoderma	90 100 480 300 40
S-2	1st Floor - Bedroom	16,510	Ascospores Aspergillus/Penicillium Basidiospores Cladosporium Ganoderma Myxomycetes	1,100 10,000 3,400 1,900 100 10
S-3	2nd Floor - Kitchen	4,740	Alternaria Ascospores Aspergillus/Penicillium Basidiospores Cladosporium Ganoderma	40 300 200 2,300 1,700 200
S-4	2nd Floor - Bathroom	11,880	Ascospores Aspergillus/Penicillium Basidiospores Cladosporium Curvularia Epicoccum Ganoderma Ulocladium	200 200 7,860 3,200 40 40 300 40



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Airborne Fungi Spore Testing  
 Testing Date: 07/06/2016  
 Page 2 of 2

33/35 Clifton St. Portland				
Sample Id	Location/Description	Total Mold Ct./m3	Species of Interest	Mold Count per Species
S-5	2nd Floor - Bedroom	11,620	Alternaria Ascospores Aspergillus/Penicillium Basidiospores Chaetomium Cladosporium Ganoderma Myxomycetes Rust	10 200 6,740 2,500 40 1,600 480 10 40

Fungi Spore Trap Sampling (ct./m3)

1,000 ct/m<sup>3</sup> - 10,000 ct/m<sup>3</sup>

The spore levels between 1,000 and 10,000 ct/m<sup>3</sup> may be acceptable to the average healthy person indoors, but extremely sensitive individuals may experience symptoms below 4,225 ct/m<sup>3</sup>.



# EMSL Analytical, Inc.

161 John Roberts Road South Portland, ME 04106  
Phone/Fax: (207) 517-6921 / (207) 517-6922  
<http://www.EMSL.com> / [portlandlab@emsl.com](mailto:portlandlab@emsl.com)

Order ID: 621601008  
Customer ID: ESH50  
Customer PO:  
Project ID:

**Attn:** Mark Coleman  
Environmental Safety & Hygiene Assoc.  
17 Patrick Drive  
Westbrook, ME 04092

Phone: (207) 854-2711  
Fax: (ema) il -only  
Collected:  
Received: 07/06/2016  
Analyzed: 07/07/2016

**Proj:** 33/35 Clifton Street

### Test Report: Allergenco-D(™) Analysis of Fungal Spores & Particulates by Optical Microscopy (Methods EMSL 05-TP-003, ASTM D7391)

Lab Sample Number:	621601008-0001			621601008-0002			621601008-0003		
Client Sample ID:	OD-1			S-1			S-2		
Volume (L):	75			75			75		
Sample Location:	OUTDOORS			FIRST FLOOR BATHROOM			FIRST FLOOR BEDROOM		
Spore Types	Raw Count	Count/m <sup>3</sup>	% of Total	Raw Count	Count/m <sup>3</sup>	% of Total	Raw Count	Count/m <sup>3</sup>	% of Total
Alternaria	3	100	1.7	-	-	-	-	-	-
Ascospores	11	480	8	2	90	8.9	25	1100	6.7
Aspergillus/Penicillium	2	90	1.5	3	100	9.9	232	10000	60.6
Basidiospores	69	3000	50.1	11	480	47.5	79	3400	20.6
Bipolaris++	-	-	-	-	-	-	-	-	-
Chaetomium	-	-	-	-	-	-	-	-	-
Cladosporium	43	1900	31.7	7	300	29.7	45	1900	11.5
Curvularia	-	-	-	-	-	-	-	-	-
Epicoccum	1	40	0.7	-	-	-	-	-	-
Fusarium	-	-	-	-	-	-	-	-	-
Ganoderma	7	300	5	1	40	4	3	100	0.6
Myxomycetes++	-	-	-	-	-	-	1*	10*	0.1
Pithomyces	1	40	0.7	-	-	-	-	-	-
Rust	-	-	-	-	-	-	-	-	-
Scopulariopsis	-	-	-	-	-	-	-	-	-
Stachybotrys	-	-	-	-	-	-	-	-	-
Torula	-	-	-	-	-	-	-	-	-
Ulocladium	1	40	0.7	-	-	-	-	-	-
Unidentifiable Spores	-	-	-	-	-	-	-	-	-
Zygomycetes	-	-	-	-	-	-	-	-	-
<b>Total Fungi</b>	<b>138</b>	<b>5990</b>	<b>100</b>	<b>24</b>	<b>1010</b>	<b>100</b>	<b>385</b>	<b>16510</b>	<b>100</b>
Hyphal Fragment	-	-	-	-	-	-	1*	10*	-
Insect Fragment	-	-	-	-	-	-	-	-	-
Pollen	-	-	-	-	-	-	1	40	-
Fiberglass	-	-	-	-	-	-	-	-	-
Analyt. Sensitivity 600x	-	43	-	-	43	-	-	43	-
Analyt. Sensitivity 300x	-	13*	-	-	13*	-	-	13*	-
Skin Fragments (1-4)	-	-	-	-	1	-	-	1	-
Fibrous Particulate (1-4)	-	-	-	-	-	-	-	1	-
Background (1-5)	-	2	-	-	2	-	-	3	-

Bipolaris++ = Bipolaris/Drechslera/Exserohilum  
Myxomycetes++ = Myxomycetes/Periconia/Smut

No discernable field blank was submitted with this group of samples.

Christina Walker, Laboratory Manager  
or Other Approved Signatory

High levels of background particulate can obscure spores and other particulates leading to underestimation. Background levels of 5 indicate an overloading of background particulates, prohibiting accurate detection and quantification. Present = Spores detected on overloaded samples. Results are not blank corrected unless otherwise noted. The detection limit is equal to one fungal spore, structure, pollen, fiber particle or insect fragment. "" Denotes particles found at 300X. "-" denotes not detected. EMSL maintains liability limited to cost of analysis. This report relates only to the samples reported above and may not be reproduced, except in full, without written approval by EMSL. EMSL bears no responsibility for sample collection activities or analytical method limitations. Interpretation and use of test results are the responsibility of the client. Samples received in good condition unless otherwise noted.

Samples analyzed by EMSL Analytical, Inc. South Portland, ME

Initial report from: 07/07/2016 11:26:03

For Information on the fungi listed in this report please visit the Resources section at [www.emsl.com](http://www.emsl.com)





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Fax: (ema) il -only  
Collected:  
Received: 07/06/2016  
Analyzed: 07/07/2016

**Proj:** 33/35 Clifton Street

### Test Report: Allergenco-D(™) Analysis of Fungal Spores & Particulates by Optical Microscopy (Methods EMSL 05-TP-003, ASTM D7391)

Lab Sample Number:	621601008-0004			621601008-0005			621601008-0006		
Client Sample ID:	S-3			S-4			S-5		
Volume (L):	75			75			75		
Sample Location:	SECOND FLOOR KITCHEN			SECOND FLOOR BATHROOM			SECOND FLOOR BEDROOM		
Spore Types	Raw Count	Count/m <sup>3</sup>	% of Total	Raw Count	Count/m <sup>3</sup>	% of Total	Raw Count	Count/m <sup>3</sup>	% of Total
Alternaria	1	40	0.8	-	-	-	1*	10*	0.1
Ascospores	8	300	6.3	5	200	1.7	4	200	1.7
Aspergillus/Penicillium	5	200	4.2	4	200	1.7	156	6740	58
Basidiospores	53	2300	48.5	182	7860	66.2	59	2500	21.5
Bipolaris++	-	-	-	-	-	-	-	-	-
Chaetomium	-	-	-	-	-	-	1	40	0.3
Cladosporium	40	1700	35.9	75	3200	26.9	36	1600	13.8
Curvularia	-	-	-	1	40	0.3	-	-	-
Epicoccum	-	-	-	1	40	0.3	-	-	-
Fusarium	-	-	-	-	-	-	-	-	-
Ganoderma	5	200	4.2	7	300	2.5	11	480	4.1
Myxomycetes++	-	-	-	-	-	-	1*	10*	0.1
Pithomyces	-	-	-	-	-	-	-	-	-
Rust	-	-	-	-	-	-	1	40	0.3
Scopulariopsis	-	-	-	-	-	-	-	-	-
Stachybotrys	-	-	-	-	-	-	-	-	-
Torula	-	-	-	-	-	-	-	-	-
Ulocladium	-	-	-	1	40	0.3	-	-	-
Unidentifiable Spores	-	-	-	-	-	-	-	-	-
Zygomycetes	-	-	-	-	-	-	-	-	-
<b>Total Fungi</b>	<b>112</b>	<b>4740</b>	<b>100</b>	<b>276</b>	<b>11880</b>	<b>100</b>	<b>270</b>	<b>11620</b>	<b>100</b>
Hyphal Fragment	-	-	-	1	40	-	2	90	-
Insect Fragment	-	-	-	-	-	-	-	-	-
Pollen	-	-	-	-	-	-	-	-	-
Fiberglass	-	-	-	1	40	-	-	-	-
Analyt. Sensitivity 600x	-	43	-	-	43	-	-	43	-
Analyt. Sensitivity 300x	-	13*	-	-	13*	-	-	13*	-
Skin Fragments (1-4)	-	1	-	-	1	-	-	2	-
Fibrous Particulate (1-4)	-	1	-	-	1	-	-	2	-
Background (1-5)	-	2	-	-	3	-	-	4	-

Bipolaris++ = Bipolaris/Drechslera/Exserohilum  
Myxomycetes++ = Myxomycetes/Periconia/Smut

Christina Walker, Laboratory Manager  
or Other Approved Signatory

No discernable field blank was submitted with this group of samples.

High levels of background particulate can obscure spores and other particulates leading to underestimation. Background levels of 5 indicate an overloading of background particulates, prohibiting accurate detection and quantification. Present = Spores detected on overloaded samples. Results are not blank corrected unless otherwise noted. The detection limit is equal to one fungal spore, structure, pollen, fiber particle or insect fragment. "\*" Denotes particles found at 300X. "-" denotes not detected. EMSL maintains liability limited to cost of analysis. This report relates only to the samples reported above and may not be reproduced, except in full, without written approval by EMSL. EMSL bears no responsibility for sample collection activities or analytical method limitations. Interpretation and use of test results are the responsibility of the client. Samples received in good condition unless otherwise noted.

Samples analyzed by EMSL Analytical, Inc. South Portland, ME

Initial report from: 07/07/2016 11:26:03

For Information on the fungi listed in this report please visit the Resources section at [www.emsl.com](http://www.emsl.com)



# Microbiology Chain of Custody

EMSL Order Number (Lab Use Only):

621601008

PHONE:  
FAX:

Company: ESH Associates, Inc.		EMSL-Bill to: <input type="checkbox"/> Different <input checked="" type="checkbox"/> Same <small>If Bill to is Different note instructions in Comments**</small>	
Street: 17 Patrick Drive		<i>Third Party Billing requires written authorization from third party</i>	
City: Westbrook	State/Province: Maine	Zip/Postal Code: 04092	Country: USA
Report To (Name): Mark Coleman		Telephone #: 207.756.9429	
Email Address: mark@eshiaq.com		Fax #:	Purchase Order:
Project Name/Number: 33/35 CLIFTON STREET		Please Provide Results: <input type="checkbox"/> FAX <input checked="" type="checkbox"/> E-mail <input type="checkbox"/> Mail	
U.S. State Samples Taken: Maine		Connecticut Samples: <input type="checkbox"/> Commercial <input type="checkbox"/> Residential	

Turnaround Time (TAT) Options\* - Please Check

3 Hour  
  6 Hour  
  24 Hour  
  48 Hour  
  72 Hour  
  96 Hour  
  1 Week  
  2 Week

\*Analysis completed in accordance with EMSL's Terms and Conditions located in the Analytical Price Guide. TATs are subject to methodology requirements

**Non Culturable Air Samples (Spore Traps) - Test Codes**

• M001 Air-O-Cell	• M173 Allegro M2	• M004 Allergenco	• M032 Allergenco-D	• M172 Versa Trap
• M049 BioSIS	• M003 Burkard	• M043 Cyclex	• M002 Cyclex-d	
• M030 Micro 5	• M174 MoldSnap	• M176 Relle Smart	• M130 Via-Cell	

**Other Microbiology Test Codes**

<ul style="list-style-type: none"> <li>• M041 Fungal Direct Examination</li> <li>• M005 Viable Fungi ID and Count</li> <li>• M006 Viable Fungi ID and Count (Speciation)</li> <li>• M007 Culturable Fungi</li> <li>• M008 Culturable Fungi (Speciation)</li> <li>• M009 Gram Stain Culturable Bacteria</li> <li>• M010 Bacterial Count and ID - 3 Most Prominent</li> <li>• M011 Bacterial Count and ID - 5 Most Prominent</li> <li>• M013 Sewage Contamination in Buildings</li> </ul>	<ul style="list-style-type: none"> <li>• M014 Endotoxin Analysis</li> <li>• M015 Heterotrophic Plate Count</li> <li>• M180 Real Time Q-PCR-ERMI 36 Panel</li> <li>• M018 Total Coliform (Membrane Filtration)</li> <li>• M020 Fecal Streptococcus (Membrane Filtration)</li> <li>• M210-215 Legionella Detection</li> <li>• M026 Recreational Water Screen</li> <li>• M027 Mycotoxin Analysis</li> </ul>	<ul style="list-style-type: none"> <li>• M029 Enterococci</li> <li>• M019 Fecal Coliform</li> <li>• M133 MRSA Analysis</li> <li>• M028 Cryptococcus neoformans Detection</li> <li>• M120 Histoplasma capsulatum Detection</li> <li>• M033-39 Allergen Testing (Cat, Dog, Cockroach, Dustmites)</li> <li>• M044 Group Allergen (Other See Analytical Price Guide)</li> </ul>
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Preservation Method (Water):

Name of Sampler: **Mark Coleman**      Signature of Sampler: *[Signature]*

Sample #	Sample Location	Sample Type	Test Code	Volume/Area	Date/Time Collected
OP-1	OUTDOORS	AIR	M032	75	7.6.16
S-1	FIRST FLOOR BATHROOM				
2	FIRST FLOOR BEDROOM				
3	SECOND FLOOR KITCHEN				
4	SECOND FLOOR BATHROOM				
5	SECOND FLOOR BEDROOM				

Client Sample # (s): \_\_\_\_\_ Total # of Samples: \_\_\_\_\_

Relinquished (Client): *[Signature]*      Date: 7-6-16      Time: 1630

Received (Client): *[Signature]*      Date: JUL 06 2016      Time: 5:00 PM

Comments: *[Signature]*



SECTION 3.0

WORLDWIDE EXPOSURE STANDARDS

# Summary of Worldwide Standards for Mold Exposures

## PERMISSIBLE / ACCEPTABLE LEVELS Airborne Fungi Sampling

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### Fungi Spore Trap Sampling (ct./m<sup>3</sup>)

1,000 ct/m<sup>3</sup> - 10,000 ct/m<sup>3</sup><sup>1</sup>

The spore levels between 1,000 and 10,000 ct/m<sup>3</sup> may be acceptable to the average healthy person indoors, but extremely sensitive individuals may experience symptoms below 4,225 ct/m<sup>3</sup>.

## ACTION LEVEL Airborne Fungi Sampling

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> 4,250 ct/m<sup>3</sup> - *total spore levels*

This would warrant some investigation and possible action to lower exposure levels in the environment. This would especially be true in commercial environments where better air filtration efficiency is usually present.

## CEILING LIMIT / UNACCEPTABLE Airborne Fungi Sampling

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≥ 10,000 ct/m<sup>3</sup> - *all types of mold*

Building occupants whose health conditions may be affected by viable mold spore exposure, such as immuno-compromised individuals, the "evacuation" level may have to be significantly less.

> 25,000 ct/m<sup>3</sup> - *total spore levels*

Total mold spore levels in excess of 25,000 ct/m<sup>3</sup> can produce allergic symptoms in a considerable percentage of the population. Extremely sensitive people could have severe, life-threatening symptoms.

## CLEARANCE TESTING / POST REMEDIATION Airborne Fungi Sampling

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<2,000 ct/m<sup>3</sup>

(1/3 Cladosporium, 1/3 Aspergillus/Penicillium, 1/3 other genera and ≤ 22 ct/m<sup>3</sup> Stachybotrys). Visual clearance should also be conducted. Culturable testing is also recommended if indoor versus outdoor comparisons are being utilized as a clearance criteria.

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