**Can Aquariums Cause Mold? This Could Be Serious!**

If you own an aquarium you should be aware of a probable mold problem it can cause.

Mold is a very tricky thing and itthrives in moisture and humidity**.** It could be due to some leakage inside or outside of the walls of your home or it could be because of your fish tank. The aquarium needs oxygen too just like humans. We pump air into the water and evaporation occurs. These water vapors cause humidity in our homes. Fish also do daily activities like waste-producing which also can become a part of our indoor environment. Humidity becoming a problem in homes only depends on the size and number of your fish tanks. There are also ways to reduce humidity but first, you have to know how to find if humidity is in excess and can cause problems in the future.

**What Is Mold Exactly?**

According to WebMD (webmd.com/women/qa/what-is-mold) mold is a fungus. These are very small organisms and can be of a variety of colors. Mold needs humidity for growth and reproduction. They produce by spores and can be harmless in small amounts. But in large amounts, they can cause a lot of problems.

**Does Aquarium Increase Humidity In Homes?**

Having aquariums at home can be exciting but they do increase humidity. Oregon state university(<https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/ec1437.pdf>) proved that fish tanks can add a significant amount of moisture to your home environment.

**Can We Determine Excess Humidity At Home?**

Most studies have suggested that more than 15 aquariums carrying 10 gallons of water each can lead to excess humidity. If you notice condensation appearing on your windows, visible mold, musty smell, and allergies becoming a norm, then you are having an excess humidity problem.

**Does Excess Humidity Cause Mold?**

Aquariums generate humidity, and when there is a lack of proper ventilation, humidity and moisture combine to form mold. Also, wooden parts are big on absorbing moisture contributing their share in mold growth.

**Where Does Mold Grow?**

It can grow on floors, walls, carpets, appliances, furniture, and anything that can provide food for it to grow. They always grow in moisture like kitchens, bathrooms, attics and where you keep fish tanks.

**What Are The Signs Of Mold Growth?**

1. Cracked paint
2. Discoloration on walls
3. Wall surfaces becoming soft
4. Warped flooring
5. Musty odors

**Is Mold Dangerous?**

Mold can be dangerous because it can create many problems in the house.

1. **Health problems**

Mold spores can be inhaled into the lungs where they produce mycotoxins. These mycotoxins cause allergies. Symptoms of mold exposure include stuffy nose, wheezing, red or itchy eyes and skin. People having asthma can have an intense reaction upon exposure.

1. **Weaken the house**

Mold can weaken the structure which could collapse and cause injuries.

1. **Bad odor**

Mold can cause a very bad odor which cannot be removed completely

1. **Destroys carpeting**

Carpets can be expensive and mold can destroy them.

1. **Destroys wood**

Mold can cause dry rot to wood structures which require a professional to deal with it.

1. **Damage to other household items.**

If mold doesn’t get in control on time it can destroy your clothes, furniture and all the surrounding things.

**Can Mold Cause Severe Health Problems?**

A study conducted by the Institute of medicine in 2004 proved that there is a link between mold exposure to respiratory tract symptoms in healthy people, asthma, and hypersensitivity pneumonitis in people with the immune mediated condition. Also, some other studies have linked asthma in children with early mold exposure. Some studies also described that inhaling mold spores can cause four types of allergy including asthma and a type of sinusitis. Other health risks include;

1. Infection
2. Pulmonary Hemorrhage
3. Toxic Mold Syndrome
4. Headaches and sore throat
5. Sinus problems
6. Eye irritation
7. A bloody nose is a norm

Also, health problem depends on a variety of factors; like

1. The conditions of mold growth
2. Length and amount of exposure to the mold
3. Individual sensitivity to the mold

**Who is the Most at Risk for Health Problems Related To Mold Exposure?**

1. Infants
2. Children
3. The elderly
4. Individuals with weak immunity
5. Individuals with allergies
6. Individuals with underlying lung disease
7. Individuals with chronic respiratory disease

**How Mold Allergy Can Be Detected Clinically?**

There is no proper blood testing for mold allergy. A qualified medical clinician should be consulted for diagnosis and treatment.

**How Can Mold Caused By Aquariums Be Prevented?**

You need to;

1. Keep humidity level low between 30% to 50%. A dehumidifier or an air conditioner can do the job.
2. Use both these equipment more during humid months.
3. Use exhaust fans to ensure proper ventilation especially in the kitchen, bathroom, and an area where you keep your tank
4. Fix any leaks in the aquarium.
5. Heat the room more.
6. Insulate the walls.
7. Keep your tank covered.
8. Try using saltwater aquariums because a freshwater aquarium might not be a good idea as it can grow mold inside it and send spores out. Although saltwater fish tanks are reported by people to be fewer susceptible to mold.
9. Do not use carpets in areas where you keep the tank.

**How Can Mold Caused By Aquariums Be Removed?**

Once mold starts to grow only way to deal with it is to remove things on which it grows or replace that material. Properly clean and dry that area to avoid it from reappearing. Mold growth from hard surfaces can be removed with soap and water or by using bleach diluted with water (1 part bleach, 2 parts water). Make sure you keep an eye out and try to catch it early. If you are using bleach then do take precautions;

1. Do not mix bleach with ammonia or other cleaning products otherwise, it will produce dangerous toxic fumes.
2. While cleaning always open windows and doors for fresh air.
3. Always wear gloves and eyewear.
4. Take professional help while cleaning larger areas.
5. While cleaning larger areas limit the number of spores that become airborne.

If proper precautions are not followed mold removal can be extremely hazardous

**Are There Any Mold Testing Methods?**

If you can see or smell the mold no matter what type it is remove it urgently. Mold effect on people varies greatly that is why you cannot rely on culturing and sampling to know your health risk. There are also no standards for mold inspecting and testing.

**Things You Should Know About Mold**

1. Mold spores can cause health problems even if they are dead.
2. Mold requires an organic food source to grow.
3. There is no practical way to eliminate all mold spores.
4. Cleaning large areas of mold growth can increase the spore level up to 10,000 times.
5. The best way to abate mold growth indoors is to remove the impacted materials.

**Common Misconceptions about Mold**

1. If you think you cleaned the house so it should be completely free of mold. This won't be the case because mold spores will always be present in the air indoors as well as outdoors.
2. If you think you cleaned the mold with bleach and the problem is fixed; the answer is a no. Bleach is not an effective solution especially if mold is present on a porous or fibrous material. Also cleaning mold doesn’t fix the humidity problem.

**To Finish**

Having an aquarium at home is a great hobby. However you need to understand that it can cause humidity which in turn can cause mold in your house. Mold is a very serious problem. Always keep an eye out for it. Keep your surroundings clean and dry. Take care of yourself, your fish and your house. We hope this post gives you an insight on how to keep the humidity from causing problems with your house and your health by utilizing the tips we have shared.