

## Instructions For Collecting 1-Hour Gravity Plates

To test environments that are suspected of being mold contaminated and of causing adverse health effects for occupants please consult the following information and the steps for collecting 1-hour gravity plates.

Preparation: Mold plates should be used as soon as possible. Do not open mold plates until you are ready to use them. Keep windows closed for at least six hours prior to testing.

Do what you normally do. For example, do not turn on the air conditioning unless that is part of your normal activity. However, DO place the central fan on the heating and air conditioning system in the on position. Do not sweep or vacuum just before the test since this activity can increase the number of mold spores that are in the air. Children and pets can continue to be in the areas being tested, but do NOT allow them to touch the materials. ACT NORMALLY. Attempt to select an area to place the mold plate that is **at least 3 feet from a wall**.

Suggested Areas for Sampling: Locate the area or areas that you wish to test. You should test areas that are known or suspected of having water leaks (e.g. - roof leaks, flooding, pipe leaks, etc.) If specific areas cause sneezing and coughing, they should be included. At a minimum, please be sure that at least one mold plate is placed in each of the following areas.

■ Attic ■ Basement ■ Master Bedroom ■ Den/Great Room ■ Car ■ Kitchen ■ Child's Bedroom ■ Office (home & work) ■ Other active rooms - *In large homes, place 2 plates in the basement & attic*

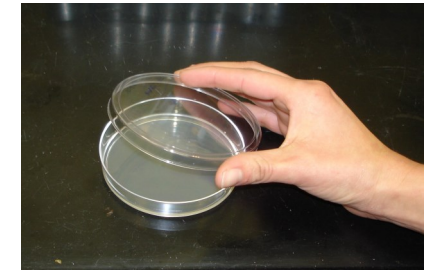
It is not necessary to place mold plates in rooms that are not used. It is necessary to place plates in rooms that are suspected of being mold contaminated because of a musty odor, if symptoms occur in that room, or if there is history of water damage in that room. Do not place any mold plate in direct sunlight.

**WINTER WARNING: UPS, FedEx and USPS can freeze mold specimens in transit during the winter months. If you are from an area experiencing below 30°F temperature, keep ALL plates wrapped in tinfoil in a warm spot for 2-3 days before sending them into the lab. If the plates become frozen immediately after the test is performed, the plates will show artificially low counts. After the colonies have been allowed to grow for 2-3 days, the freezing process will not affect the test.**

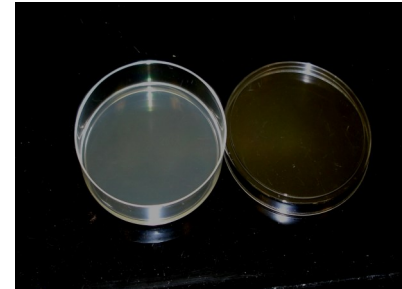
*\* Gravity plate testing is a simple, inexpensive, basic screening method that allows you to test for mold yourself. Your medical professional may request this test to help determine if your environment may be affecting your health. If you are testing for other reasons, you should contact a certified environmental inspector to perform more extensive testing with bio-aerosol sampling equipment.*



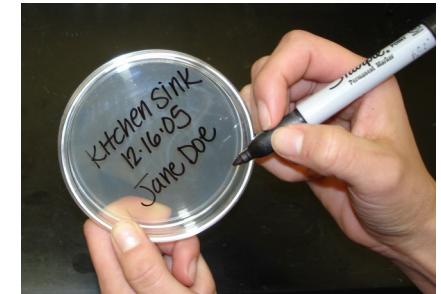
Step 1: Carefully remove plates. Do not touch inside surface of test plates.



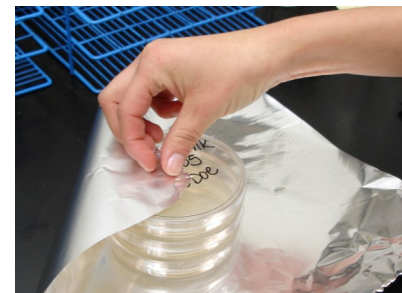
STEP 2: Carefully remove lid (larger side).



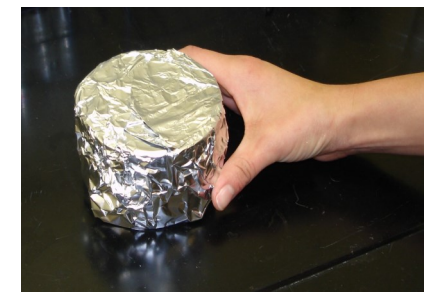
STEP 3: Place lid (inside surface down) next to bottom half of collection plate (inside surface up).



STEP 4: After one hour place lid back on plate. Write name, date and location on the outside of each plate.



STEP 5: Tape each plate with two pieces of tape, one on each side of the plate securing the lid. Stack plates and wrap together in tin foil.



STEP 6: Complete accompanying analytical request form. **Make sure that the sample description on the plates matches the description on the form.** Put plates, form and payment into box and mail.

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