

Mold Remediation Decision Tree for Sick People

Should you stay? DIY? Hire pros? How to decide safely

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Mold Remediation Decision Tree

1. Is the house safe enough to stay in right now?

- **Yes** → Low visible mold, no musty smell, symptoms stable → Proceed to testing/remediation planning
- **No** → Visible mold, strong musty odor, symptoms worsen indoors → Get out immediately (even temporarily)

2. Do you have ERMI / HERTSMI-2 results?

- **HERTSMI-2 \leq 8** or **ERMI \leq -1** → Relatively safe for most CIRS patients
- **HERTSMI-2 9–10** → Borderline – careful monitoring + partial remediation
- **HERTSMI-2 \geq 11** or **ERMI $>$ 2** → High risk – full remediation or relocation strongly recommended

3. Budget & Severity

Low budget / mild symptoms

- HEPA air purifiers + dehumidifier
- DIY cleaning of hard surfaces
- Discard soft items that smell
- Post-cleaning ERMI re-test

[← Back to The Overlap Hub](#) jet / severe symptoms

- Hire IICRC-certified remediator
- Full containment + HEPA vacuum
- Remove/replace porous materials
- Post-remediation clearance testing

4. Post-Remediation Rules

- Repeat ERMI/HERTSMI-2 2–4 weeks after work
- Keep humidity <50% year-round
- Use carbon + HEPA filters ongoing
- If symptoms return → re-test or consider relocation

Cost vs. Effectiveness Comparison

Approach	Approx. Cost	Effectiveness for CIRS/MCAS	Best For
HEPA purifiers + dehumidifier only	\$300–800	Medium (containment)	Temporary / low budget
DIY cleaning + discard soft goods	\$200–1,000	Medium–Low	Mild cases
Professional containment + HEPA vac	\$1,500–5,000	High	Moderate exposure
Full professional remediation (remove/replace)	\$5,000–20,000+	Very High	Severe / chronic exposure

Always test BEFORE and AFTER – visual inspection alone misses hidden mold.

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