

Mold allergy

Mold spores float through the air and can cause health problems. Mold likes a damp environment and needs food, air, the right temperature, and water to grow. Mold is found indoors and outdoors.

Everyone breathes in mold spores. Some people who are sensitive to mold may have an allergic reaction or an asthma attack if exposed to too much mold. Contact with mold can also irritate the eyes, skin, nose, throat and lungs. Follow these tips to avoid mold.

Indoors

- Clean mold in bathrooms and kitchens with a cleaner that helps prevent mold like vinegar for walls or a mold mildew cleaner.
- Fix any water leaks.
- Use air conditioning and dehumidifiers (take moisture out of the air) to keep humidity levels in the home below 50%.
- Use mold-stopping paint.
- Keep firewood outside until ready to use.
- Open windows or use exhaust fans or vents when cooking, bathing or showering.
- The most common places for indoor mold include the basement, kitchen and bathroom. Carpeting in these areas may increase mold.
- Dry clothes right away after washing.
- Air-dry shoes before putting them away.
- Cut down on houseplants.
- Avoid live Christmas trees.



Outdoors

- Stay indoors on days when mold counts are high.
- Mold is often found in leaf piles, compost piles, hay bales, heavily wooded areas, grass, uncut fields, mulch and dirt. Stay away from these areas if possible.
- Take a shower after coming inside. This will wash out the mold spores in hair to prevent them from disturbing your sleep.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.