

## Mold Allergy

Mold spores float through the air and can cause health problems. Molds like damp environments. Molds need four things to grow: food, air, the right temperature and water. Mold is found indoors and outdoors and everyone breathes in mold spores. Some people who are sensitive to mold may have an allergic reaction or an asthma attack if they are exposed to too much mold. Being exposed to mold can also irritate your eyes, skin, nose, throat and lungs. Follow these tips to avoid mold.

### Indoors

- Clean mold in bathroom and kitchens with a cleaner that helps prevent mold. Try vinegar for walls or a mold mildew cleaner.
- Fix any water leaks.
- Use air conditioning and dehumidifiers to take moisture out of the air. Try to keep humidity levels in the home below 60%.
- 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 are the basement, kitchen and bathroom. Carpeting in these areas may increase mold.
- Dry clothes immediately after washing.
- Air-dry shoes before putting them away.
- Keep houseplants to a minimum.
- Avoid live Christmas trees.



### Outdoors

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

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**