

# Mould Allergy

## Overview

A mould is a fungus that thrives in an environment of moisture, organic matter, warmth, and poor air circulation. Moulds reproduce by releasing airborne spores and allergic individuals will develop asthma and nasal symptoms if they breathe in the spores.

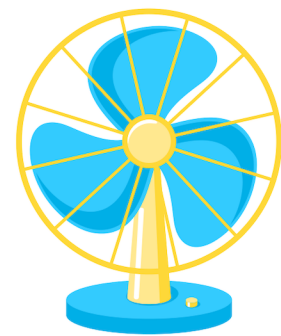


Moulds are of primary importance in seasonal allergic asthma and rhinitis. While there are some seasonal variations and certain peak periods, most moulds have the capability of living year round indoors as well as outdoors.

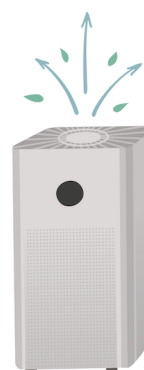
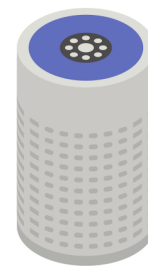
## Avoidance:

### Indoor

- Keep your environment as dry as possible and ensure home is well ventilated.
- Use chlorine bleach to wipe walls and ceilings to kill moulds or use mould resistant paint.
- Dry off any condensation and damp standing on windows, walls or work surfaces.
- Use extractor fans when bathing or cooking to ventilate and get damp out fast.
- Open out shower curtains to let them dry fast and wash frequently.
- Empty rubbish bin every night and wash it with bleach. Keep dustbins away from the home if possible.
- Dry damp coats and shoes off fast if you come in wet and never store damp shoes and leather goods in cupboards.
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- Air filter can help remove moulds spore from the air.
- Take care with house plants as moulds grow in the soil and limit the number of indoor plants.
- Keep your refrigerator clear of moulds by defrost often, wash and empty the water pan and dry afterwards.
- Avoid using carpets at home and use wooden or vinyl floors.
- Airing beds and keeping them dry.
- Use dehumidifiers if necessary.



## Outdoor

- Avoid going to places with high mould concentrations such as swimming baths, saunas, laundrettes and greenhouse.
- Avoid cutting grass and should not rake leaves.
- Avoid exposure to soil, compost piles and sandboxes etc.
- Avoid camping in forests or densely vegetated areas during autumn and winter months when there are a lot of dead leaves on the ground.

Contributed by Nursing

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Information shared is accurate as of March 2024 and subject to revision without prior notice.



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