

# Mould & Your Health

## Health Risks of Mould

- Eye, nose & throat irritation
- Coughing and phlegm build up
- Wheezing and shortness of breath
- Symptoms of asthma
- Allergic reactions

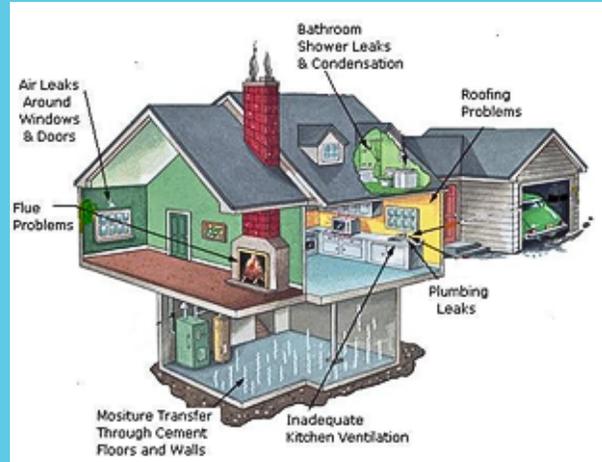


## Areas to Check for Mould

- Basement
- Under or behind stored items
- Under sink areas
- Wall and floor around tub or shower
- Bottom edge of windows
- Closets
- Carpeted areas around bathroom
- Laundry or basement
- Any damp areas of your home



## Common Sources of Moisture



## Cleaning up Mould

Before trying to clean up mould it is highly recommended that you get a n95 mask, safety glasses (or goggles), and rubber gloves. Children, the elderly and any persons with breathing conditions should not be around for mould clean up.

1. Put on protective gear including long sleeve shirt, full length pants, mask, glasses, and gloves.
2. Prepare a bucket with warm water and dish soap (unscented) and another with clean water. If cleaning drywall you can use baking soda instead of dish soap.
3. Wipe the surface with rag dipped in the soapy water.
4. Sponge with a clean, damp rag, and dry quickly.
5. Do not allow drywall to become too wet.
6. Remove and replace any porous or absorbent materials such as ceiling tile, upholstery, and carpet that become mouldy or are badly damaged. Dispose of mouldy or damaged material appropriately.

Contact your Housing Manager if you suspect your home has a mould problem that you cannot solve on your own.

# Mould Prevention

## Act Quickly

- See water be quick to wipe or mop it up. Ensure area is dried completely
- Repair any leaks in a timely fashion

## Keep things clean and dry

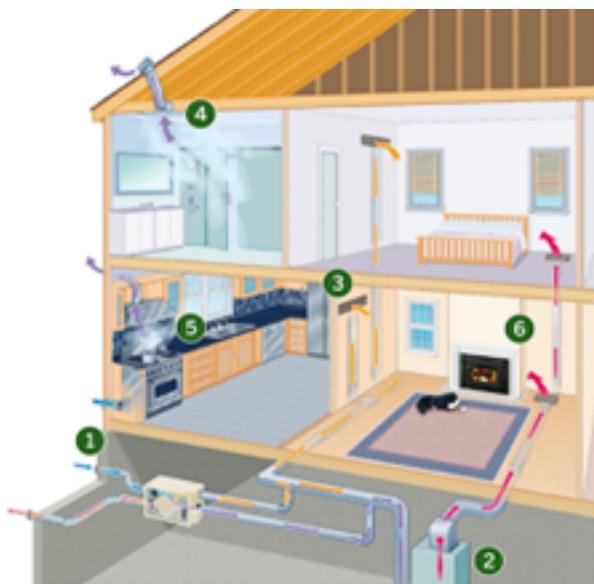
- Use air conditioners and dehumidifiers during humid weather if possible
- Take out garbage regularly

## Keep your home warm and ensure good air circulation

- Cold can encourage condensation to form and surrounding materials to become damp
- Keep furniture and other belongings away from exterior walls to allow warm air to circulate

## Ventilation

- Turn on an exhaust fan or open a window when bathing, showering or cooking
- Check that all exhaust vents, dryers, or heaters are vented to outside
- Open windows or use fans as needed



## Minimize Other Indoor Moisture Sources

- Avoid hanging laundry indoors when possible
- Be mindful of over-watering plants
- Keep sump pit covered
- Remove items that may cause mould
- Throw away wet and badly damaged items
- Remove any carpets that have gotten damaged by water
- Avoid storing items in cardboard boxes on basement floors



## Prevent water from entering your home

- Install downspout extensions
- Clean and repair eavestroughs and gutters regularly
- Make sure ground slopes away from home foundation