



MOLD ALLERGIES



Molds are found all year round, but peak in spring and fall and are worse with increased humidity and after rain. They are found in damp places such as:

OUTDOORS

- Leaves
- Gardens
- Grass
- Soil
- Rotting wood

INDOORS

- Basement
- Bathroom
- Kitchen/food storage areas
- Attics
- Refrigerators
- Garbage
- Carpets
- Upholstery

How to avoid mold:

- Low humidity: <50% (approx. 40% is optimal)
- No carpeting
- Good ventilation (ie. Use fan in bathroom, kitchen)
- If available, you can use HRV (heat recovery ventilation)
- Limit plants in the home, avoid having plants in bedrooms
- No aquariums in bedroom (less ventilated, more likely to grow mold)
- HEPA air filters also help

How to clean visible mold:

- For washable surfaces – use household detergent (ie. Mr. Clean) and dry thoroughly
- The mold will return unless underlying problem fixed (i.e. wall/floor/ceiling torn down)
- Painting over the mold even using special “mold” paints is NOT effective

Please note:

-Inhalant mold is DIFFERENT from molds in cheese, breads, mushrooms, etc, therefore you may continue to eat these foods.

-Also an allergy to penicillium is NOT the same as a penicillin allergy. Patients with an allergy to penicillium may still take penicillin

Dr. Ellie Tsai

www.kingstonallergyandasthma.com