



Unsure if you have mould?
Contact your local Housing Department

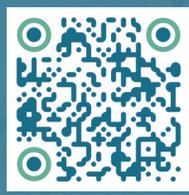
What is MOULD?

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Mould is a type of fungus that can grow in damp, humid environments or wet materials and surfaces.

It reproduces by releasing tiny, invisible spores into the air.

Mould affects air quality and your family's health. Check your home regularly and keep humidity levels low.



Learn more about mould:
creehealth.org/health-tips/what-mould



How can I prevent it?



HEALTH EFFECTS OF MOULD

Exposure to mould can cause:



Eyes, nose, skin, and throat irritation



Coughing and mucus build-up



Wheezing or shortness of breath



More severe asthma attacks



Chronic fatigue (tiredness) and headaches

Everyone reacts to mould differently.

Mould can lead to serious lung infections in people with weakened immune systems.

If you suspect mould is affecting your health, see a doctor.

HOW CAN I PREVENT IT IN MY HOUSE?

1



Keep humidity levels low

Measure humidity with a hygrometer.

Use a dehumidifier to keep air humidity low (between 30-50%).

2



Improve air flow

Always use exhaust fans and/or open a window when showering, and/or cooking.

Ensure the fans are connected to the outside.

3



Fix all leaks quickly

Repair any leaks in your roof, walls, or plumbing as soon as you find them.

4



Remove clutter

Clear out clutter, especially in the basement, as mould can grow on fabric, cardboard boxes, and behind stored items.

5



Dry out quickly after water damage

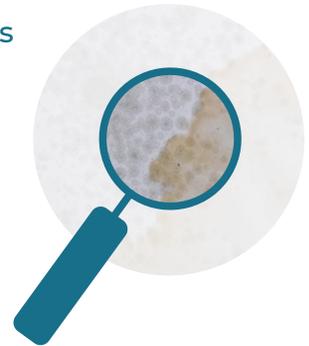
Clean and dry out your home within 24 to 48 hours of any water damage.

HOW TO DETECT MOULD IN YOUR HOME

Mould thrives in warm and damp places.

It is commonly found in:

- Basements
- Bathrooms
- Crawl spaces
- Kitchens
- Anywhere after water damage



Look for:

- Green, black, brown or yellow stains
- Peeling paint on walls, ceilings, windows, closets.
- Earthy or musty odor

Not all mould smells, but most do.

