



Why mould is HARMFUL?

Mould affects indoor air quality and your family's health. Exposure can cause a range of symptoms, including:



Eyes, nose, skin, and/or throat irritation



Coughing and mucus build-up (phlegm or snot)



Wheezing and shortness of breath



More frequent and severe asthma attacks



Chronic fatigue, and headaches

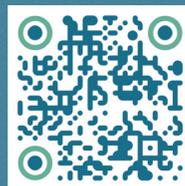
Check your home regularly for signs of mould. If you see or smell it, investigate and clean it up.

Take steps to prevent it and keep your home healthy.

DID YOU KNOW?

Mould often comes from:

- Poor air circulation
- Leaky pipes
- Flooding
- Faulty foundation

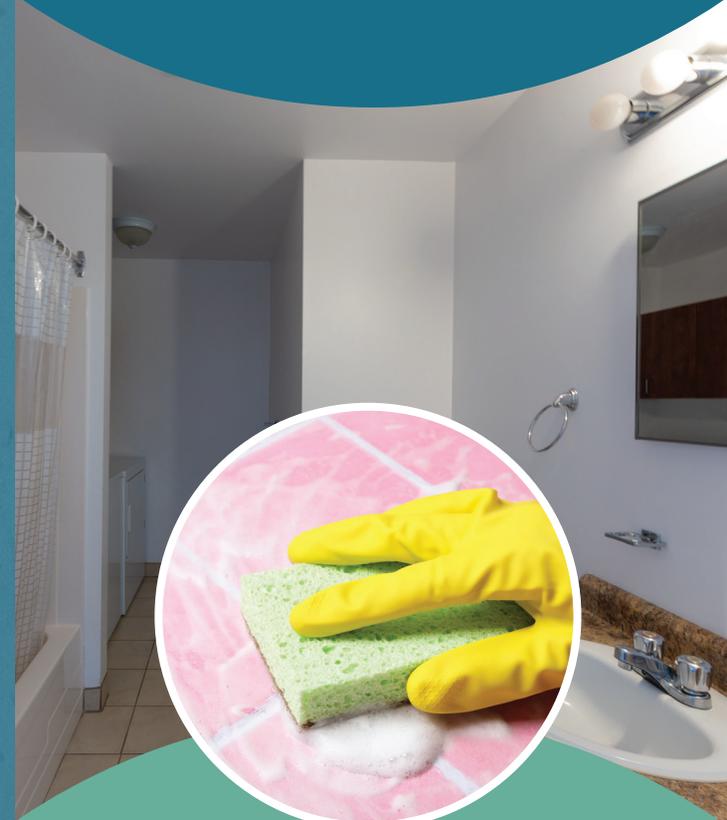


To learn more, contact your local Housing Department or visit:

creehealth.org/health-tips/how-get-rid-mould



MOULD in your home



How to get rid of it

WHEN TO CLEAN MOULD YOURSELF VS. WHEN TO CALL FOR HELP?

You CAN and SHOULD immediately clean small to medium areas of mould yourself.

YOURSELF

When there are 3 patches or fewer,

AND

The total area is smaller than a sheet of plywood (about 10 square feet).



GET HELP

When there are more than 3 patches

OR

The total amount of mould covers an area equal to or larger than 1 sheet of plywood.



Get help from the Housing Department for larger areas of mould.

DOs AND DON'Ts FOR MOULD CLEAN UP

-  **DO** scrub mould off thoroughly using detergent and water, and dry completely.
-  **DO** throw out ALL mouldy porous and absorbent materials, such as ceiling tiles, carpet, and cardboard boxes).
-  **DO** call an expert if mould returns after you have cleaned it.
-  **DON'T** paint or caulk mouldy surfaces. Clean the mould and dry the surfaces before painting. Paint applied over mouldy surfaces is likely to peel.

WHAT YOU'LL NEED TO CLEAN

Goggles



Protective mask
(N95 or KN95, if available)

Long pants and long-sleeve shirt



Latex or nitrile gloves



Closed shoes

A bucket filled with a soap and water solution
(dishwashing detergent is fine)



A sponge or rag that you can throw out after use

