



YOUR HEALTH, YOUR HOME INDOOR AIR QUALITY - MOULDS

IT'S IN YOUR HANDS

A healthier home means a healthier family.

A few simple actions will make your home healthier.



WHAT YOU NEED TO KNOW:

WHAT IS MOULD?

Mould is a fungus that grows on food or damp materials. Mould can be black, white or almost any color. It looks like a stain or smudge and it has a musty smell.

WHAT ARE THE HEALTH EFFECTS OF MOULDS?

Eye, nose and throat irritation, coughing and phlegm build-up, wheezing and allergic reactions.

MOULD needs **MOISTURE** and a **MATERIAL TO GROW ON**. Common sources of **MOISTURE** in the home are:

- Water leakage from a roof or plumbing leak, or flooding.
- Steam or moisture in the air from baths/showers, cooking and wet laundry.
- Condensation on windows due to cold outdoor temperatures and high indoor humidity.

WATER LEAKS AND DAMPNESS

- Fix all water leaks quickly (within a couple of days).
- Dry puddles and wet material within 24 to 48 hours using cloths and a fan.
- Gyproc, carpets, wood or other materials that have been damp for a few days need to be thrown out and replaced. It only takes 48 to 72 hours for mould to start growing.

Your home may be **OVERCROWDED** but **THERE ARE THINGS YOU CAN DO** to improve air quality in your home:

- Keep your **air exchanger** turned on for several hours a day – this will bring in fresh air from outside and get rid of stale air.
- Turn on the **bathroom fan** for every shower or bath and keep it running for 30 minutes after.
- Use your **kitchen fan** when you cook, and clean the fan regularly.
- Buy a **dehumidifier** and keep it running in your basement all summer. Don't forget to empty the water holder every couple of days.

These actions reduce dampness in the air and can prevent mould growth.



CHECK YOUR HOME FOR MOULD

Mould is most commonly found in damp areas like:

- The basement
- Under or behind stored items
- In the bathroom, under the sink or around the bath/shower
- On window sills or on gyproc walls near the window

CLEAN UP SMALL AREAS OF MOULD YOURSELF

- Use a cloth and liquid detergent
- Wear a mask, rubber gloves and safety glasses
- Fix the source of dampness so the mould won't grow back again

GET HELP FOR LARGER AREAS

- Contact your Housing Department

This info sheet was inspired by a Health Canada pamphlet and DVD.

For more information, contact the Community Health Representative at your local Community Miyupimaatsiwin Centre to get a copy.



www.healthycanadians.gc.ca/indoorair
www.cmhc.ca/mold
www.creehealth.org

Reggie Tomatuk

Environmental Health Officer, Chisasibi

418.770.9505 | rmatuk@ssss.gouv.qc.ca

Paul Shecapio

Prevention Technician, Mistissini

418.770.5603 | paul.shecapio@ssss.gouv.qc.ca

Laura Atikesse

Environmental Health Officer, Mistissini

514.434.2352 | laura.atikesse@ssss.gouv.qc.ca

Dr. Elizabeth Robinson

Medical Advisor, Montreal

514-861-2352 ext 74229 | e_robinson@ssss.gouv.qc.ca

Paul Linton

Director of Chishaayiyuu

418.770.8165 | plinton@ssss.gouv.qc.ca

Cree Board of Health and Social Services of James Bay
Public Health Department, Mistissini, Québec, G0W 1C0
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“STRIVING TO MAINTAIN AND PROMOTE THE HEALTH OF OUR PEOPLE”