

MOULD

Why mould is bad for people with asthma

Mould can worsen a range of breathing disorders, including asthma. Mould produces tiny particles called spores that we can easily breathe in. These spores are a trigger for many people with asthma. If you are sensitive to mould, you may develop a stuffy nose, irritated eyes, wheezing, trouble breathing or skin irritation.

Mould can grow anywhere but is particularly common in older, damp and poorly ventilated homes or after periods of heavy rain. It's very common in bathrooms and damp areas like around showers, sinks and leaky pipes, or after flooding.

HOW TO PREVENT MOULD

- Remove sources of moisture
 - Ensure good drainage around your home
 - Fix leaky pipes or drains
- Control ventilation in wet areas like bathrooms by opening windows or using extractor fans
- Clean up wet areas and water damage within 24-48 hours
- Make sure your air conditioners are regularly cleaned and serviced
- Use the 'dry' setting on your air conditioner, which reduces moisture in the air
- If you don't have air conditioning or good ventilation, consider investing in a dehumidifier

HOW TO CLEAN MOULD

If possible, ask someone who doesn't have asthma to clean mould.



Everyone involved in removing mould should wear waterproof footwear, rubber gloves, a shower cap, safety goggles and a disposable N95/P2 face mask.

DO NOT use surgical or fabric masks as they do not protect against spores and bacteria



Clean hard surfaces (such as glassware, plastics and tiles) with soapy water and household detergent or white vinegar (mixed 80% vinegar to 20% water).

More porous materials (such as ceiling tiles, plasterboard and carpet) may be able to be cleaned in the same way, however some may need replacing



Use a microfiber cloth and be sure to scrub thoroughly to clean mould from surfaces.

DO NOT use a dry brush as this could release spores into the air



Wash fabric items (such as stuffed toys, clothes and linen) in a hot washing machine cycle



Be cautious about using bleach, as it may not prevent mould re-growth and can form dangerous fumes when mixed with other cleaning products



FOR MORE INFORMATION

asthma.org.au/about-asthma/triggers/flooding-and-mould

worksafe.qld.gov.au/safety-and-prevention/hazards/hazardous-exposures/biological-hazards/managing-mould

betterhealth.vic.gov.au/health/conditionsandtreatments/mould-removal-at-home

health.nsw.gov.au/environment/factsheets/Pages/mould-and-your-health.aspx

