



Facts about Mould

What is mould?

- Mould is found everywhere both outdoors and indoors; it is living fungi that are naturally present in the environment.
- There are many varieties of mould and they spread by releasing spores into the air.
- Mould requires moisture to grow; it is found in damp or wet places.
- Mould can make air smell musty.

Mould and health

- Mould spores can be irritating to the nose and throat and may cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation.
 - Very few people have true allergies to mould, but these may experience more severe reactions.
- If somebody has breathing problems, such as asthma, mould can make their condition worse.
- People react in different ways to mould, depending on their health and how much mould there is around.
- There is no scientific information that links mould exposure in built environments to the risk of developing cancer.

Who is at risk?

- Everyone is in contact with some mould all of the time, both outdoors and indoors
- Irritation from mould can be worse for :
 - Infants
 - Elders
 - Those with allergies or breathing problems
 - Those with a weakened immune system

Prevent symptoms

- The best way to stop irritation and other adverse effects from mould is to remove it where it is found and stop it from growing back by removing sources of water and humidity.
- Once mould is removed from indoors, health effects such as irritation or allergic reactions will go away quickly.
- There will always be mould outdoors; it is worse in wet seasons such as the fall and spring.
- There are no known long term health effects from mould exposure in indoor environments.
- Environmental Health Officers and other experts can help assess mould problems in public buildings and provide advice on how to fix the problem.

Where can I find more information?

For more information on what you can do to reduce mould in your home, see:

- <https://www.canada.ca/en/health-canada/services/air-quality/indoor-air-contaminants/reduce-humidity-moisture-mould.html>

If you would like this information in another official language, contact us at 1-855-846-9601.
Si vous voulez ces renseignements dans une autre langue officielle, prenez contact avec nous au 1-855-846-9601.