

Mould Allergies

Mould avoidance

- Outdoor mould season can occur whenever the temperature is not below freezing.
- July and August are the most prevalent months for outdoor mould.
- Mould outdoors is mostly present on vegetation such as grass clippings, fallen leaves, compost, etc.
- Air conditioning helps to keep certain moulds outdoors.
- It is important to clean any indoor humidifiers at least once per month, which includes emptying/replacing stagnant water. Change the filtration pad at least once per year. Adding a small amount of bleach to the water also helps to inhibit mould growth.
- Bathroom surface areas should be kept clean to prevent mould (i.e., the corners of showers).
- Be careful about storing anything in a damp basement- repair any leaks that may leave surfaces wet which allows mould to grow.
- Use a dehumidifier in the basement, especially in the summer months
- Bedrooms in the basement are not recommended for those who are allergic to mould or to dust mites, especially if those bedrooms have carpet.

Pollen and mould counts

- Knowing how high the outdoor pollen and mould counts have been recently in your area (through weather resources/apps), can help identify what has been bothering you.