

# ASTHMA TRIGGER: MOULD.



## DANGERS



Mould fragments or spores spread in the air and can cause allergies and asthma.

Can cause inflammation of the airways, sore eyes, coughing, and vomiting.



Mould thrives in wet damp environments – most commonly in the bathroom, laundry, and kitchen.

*Note: be aware of harsh cleaning chemicals as they can be just as harmful for you!*



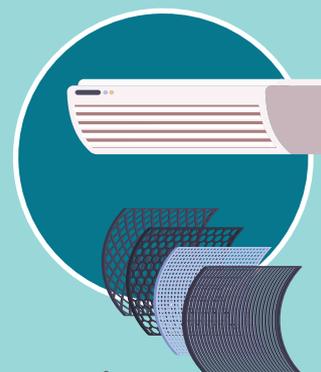
## ADVICE

Clean regularly, wear gloves, and use a disposable mask when cleaning.



Use water with detergent for hard surfaces and wash linen at more than 55 degrees Celsius.

Replace filters as needed to prevent the build-up of mould and spores. Cross-ventilate with open windows, fans, or extractor fans.



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