

Paediatrics

Allergy - Moulds and spores avoidance

Moulds and the spores they produce are found both outside and indoors. They thrive in warm, moist and oxygen-rich environments. Moulds are present all year round but are most common during late summer and autumn.

Moulds release spores, which can cause allergic reaction in some people. When these spores come into contact with the skin, nose or lungs, they can cause symptoms such as rhinitis (a runny or blocked nose), itchy eyes, eczema and most importantly asthma.

Outdoor avoidance

- Avoid walking in wooded or leafy areas, especially after rainfall. Thunderstorms significantly increase the number of spores in the air.
- Stay away from rotting wood and vegetation.
- Avoid spending time in buildings where hay or grain is stored.
- Do not go into damp and musty buildings.
- Avoid from cutting grass, raking leaves or turning compost heaps.
- Avoid country areas during harvest time, particularly when it is sunny and windy.

Indoor avoidance

- Reduce humidity by opening windows and by turning the heating down.
- Clean any noticeable mould growing in bathrooms, kitchens and around



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windows with bleach or approved solution.

- Close bathroom and kitchen doors when running hot water or cooking.
- Make sure proper ventilation in bathrooms and kitchens.
- Try not to dry clothes indoors.
- Avoid having house plants or cover soil with pebbles.
- Do not leave mouldy food around.
- Leave wardrobe doors slightly open and do not overpack clothes.
- Watch out for mould growing behind wallpaper. Use an antifungal wallpaper paste.
- Remember, second homes or those not regularly lived in and are often full of mould spores.
- Make sure your tumble dryer is vented outside during use or use a condenser dryer.
- Get rid of old foam pillows and mattresses.
- Do not bring in damp wood for the fire. Avoid burning wood inside that has been kept in a damp shed.
- Strip wallpaper from damp walls. Tackle any areas of dampness on walls or other areas.
- Remove piles of old newspapers.
- Do not use humidifiers.
- If using a dehumidifier, the ideal indoor humidity is 50-55%. Empty and clean the reservoir regularly.
- Avoid using paraffin or bottled gas heaters, as they generate large amounts of moisture.

This list is not exhaustive.

More information on allergies, how to avoid them and how to treat them can be found on the following websites:

www.allergyuk.org

www.asthma.org.uk

www.nhs.uk

Patient Information

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The trust operates a smoke free policy.

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