

Children's Outpatient Department

Moulds and spores avoidance

Moulds and the spores they produce are present both outside and indoors. They will thrive anywhere that there is warmth, oxygen and moisture. They are present all year round, but particularly abundant during late summer and autumn.

Moulds release spores, and it is these spores that cause the allergic reactions in people. Spores come into contact with skin, nasal and bronchial membranes causing symptoms such as rhinitis, itchy eyes, eczema and most importantly asthma.

Outdoor avoidance

- Do not walk in wooded, leafy areas, especially after rainfall. Thunderstorms dramatically increase the amount of spores in the air.
- Avoid rotting wood and vegetation.
- Do not spend time in buildings where hay or grain is stored.
- Do not go into damp and musty buildings.
- Avoid cutting grass, raking leaves and turning compost heaps.
- Avoid country areas during harvesting, particularly when sunny and windy.

Indoor avoidance

- Reduce humidity by opening windows and by turning down the heating
- Clean any obvious 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 and cooking
- Ventilate bathrooms and kitchens
- Try not to dry clothes indoors
- Avoid having house plants or cover soil with pebbles
- Do not leave mouldy food lying about
- Leave wardrobe doors slightly open and do not pack clothes in too tightly
- Watch out for mould growing behind wall paper. Use an antifungal wallpaper paste
- Remember- second homes or those that are not regularly lived in, are often rich in mould spores
- Make sure that 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 heaters and bottles gas heater 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

The Trust has access to interpreting and translation services. If you need this information in another language or format please ask or contact 0247 696 7216 and we will do our best to meet your needs.

The trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

Department:	Children's Outpatients
Contact:	27216
Updated:	July 2022
Review:	July 2024
Version:	4.2
Reference:	HIC/LFT/1171/11