

Created by the NZ Occupational Hygiene Society (NZOHS) with support from HASANZ

## Mould

## How to identify mould in your house

Mould grows in places where there is moisture, for example: cupboards, walls or carpets which have absorbed the flood water.

- · Mould will keep on growing and become larger, while a stain caused by dirt will not.
- · If there is a large amount of mould, the area could start having a musty, earthy smell.
- Experiencing common allergy symptoms or health issues while in a certain area could be a sign of mould growth.
- · Mould stains are typically brown, green, black, yellow or white in colour.
- · Mould can grow on most surfaces, including windows, curtains, insulation and couches.
- · Applying a drop of bleach on mould will lighten its colour within a few minutes.
- · Materials that are affected by mould growth may have noticeable cracking, peeling and warping.







## How to reduce exposure to mould in your house

- Spend as little time as possible in the affected area.
- Use plastic tarps to seal off the mouldy area.
- Reduce spread by taking off your shoes after being in the affected area.
- Sleep in the cleanest room and wash your hair and body before entering the area.
- Use extractor fans in the bathroom and kitchen. When using fans place them so that the air blows out of a window or door to remove the mould spores from the home.
- Clean or throw away mouldy items.





