

# FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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## Mold Allergy

Molds (fungi or mildews) are organisms, most of them small and inconspicuous, which nourish on dead plant or animal material. There are a wide variety of these, growing almost everywhere, such as on decaying wood, leaves, cloth, paper, dirt and foods. Mold spreads by releasing light weight spores into the air and thrive in moist, warm, dark environments. The spores are found both indoors and outdoors and may be present throughout most of the year especially from March through September.

Mold spores can cause a variety of symptoms in sensitive individuals including respiratory symptoms such as asthma, hay-fever and rash.

### Sources

Damp/musty houses, basements, crawl spaces, sheds and barns  
Around grass, hay, straw, dead leaves, mulch and weeds  
Around rivers and lakes  
Soil and sand  
House plants  
Near windows, moist wood  
Stormy/windy days  
Clothes, paper, old books, furniture especially if stored in musty places  
Spoiled fruit and vegetables

### Avoidance

- Keep indoor levels of humidity low (between 30-40%)
- Use an air-conditioner or "de"-humidifier and clean regularly with a diluted bleach solution
- Discontinue the use of a humidifier
- Avoid damp places
- Wear a mask when doing yard work, especially around dead leaves
- Keep basements clean and dry

### Treatment

- 1) Avoidance
- 2) Medication: You may be prescribed different medications to help prevent and treat symptoms from mold exposure. These will be explained at the time of your evaluation.
- 3) Allergy Immunotherapy (Allergy Shots) or desensitization may be recommended if avoidance and medication are not effective.