

# Mould Allergies

## Mould avoidance

The outdoor mould season is mainly in July and August, but moulds can occur any time the weather is not below freezing. Mould is mostly present on outdoor vegetation, such as grass clippings, fallen leaves, compost, etc. Air conditioning helps to keep these moulds outdoors.

Indoors, watch out for moulds in the humidifiers, and clean them at least once monthly. Empty out all stagnant water. Change the pad at least once per year. A little bleach in the water helps to inhibit mould growth. Keep bathroom surfaces clean to prevent mould, such as in the corner of showers.

Be careful about storing anything in a damp basement, and fix leaks that may leave surfaces wet and allow mould to grow. Use a dehumidifier in the basement, especially in the summer. Bedrooms in the basement are a bad idea if you are allergic to mould or to dust mite, especially if those bedrooms have carpet.

## Pollen and mould counts

Knowing how high the pollen was yesterday is useful as a way of identifying what has been bothering you, although it's not very good at predicting what the counts will be tomorrow.