

## Health Effects

Can mold make my family and me sick?

Mold can affect the health of people who are exposed to it. People are mainly exposed to mold by breathing spores or other tiny fragments. People can also be exposed through skin contact with mold contaminants (for example, by touching moldy surfaces) and by swallowing it.

The type and severity of health effects that mold may produce are usually difficult to predict. The risks can vary greatly from one location to another, over time, and from person to person.

What symptoms might I see?

The most common health problems caused by indoor mold are allergy symptoms. Although other and more serious problems can occur, people exposed to mold commonly report problems such as:

- nasal and sinus congestion
- cough
- wheeze/breathing difficulties
- sore throat
- skin and eye irritation
- upper respiratory infections (including sinus)