



# After the Storm- Mold and Moisture:

*How can mold affect my health?*

A guide for residents, volunteers & workers

## Breathing Difficulties for Some

- Coughing, wheezing, hoarseness, shortness of breath, worsened asthma symptoms, sore throat, and congestion
- Chronic lung disease
- Irritated breathing from dust

## Itchy, Watery, Red Eyes

## Irritated Skin & Skin Infections like Athletes Foot

## Headaches and Dizziness

as well as tiredness, aching, chills and fever

Some people will not experience negative health effects or possibly nothing more severe than eye, nose and throat irritation or headache. These symptoms may go away in a short time after leaving the mold-contaminated spaces.



*"when spores land on suitable moist surfaces they grow and can penetrate porous materials, releasing chemicals and damaging buildings and objects. This can damage not only your health but your house"*

*-OSHA*

