

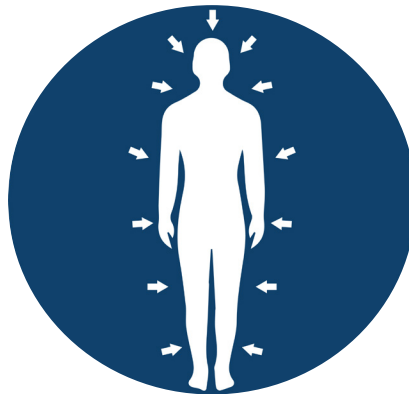
Mold and Your Health

Mold can make some people sick. For some people, exposure to mold can lead to irritation and other health symptoms in the throat, nose and lungs. For people with health conditions, such as asthma and other breathing problems, mold can make preexisting symptoms worse. Continue reading to learn how you can be exposed to mold, how it can affect your health and what to do if you have questions or concerns about mold and your health.

How can I be exposed to mold?



Breathing in tiny spores that mold releases.



Touching mold with your skin, or touching your eyes, nose or mouth after touching mold with your hands.



Eating food that has mold on it.

Note: This fact sheet does not discuss mold in food. For more information on mold in food visit: bit.ly/MoldInFood.

How can mold affect my health?



Mold can affect your health by causing the following symptoms:

- Runny nose.
- Stuffy nose.
- Itchy eyes.
- Coughing.
- Trouble breathing.
- Sore throat.
- Rash.
- Fatigue.
- Sneezing.
- Headaches.
- Asthma attack.
- Upper respiratory infection.

Is it a cold or is it mold?



Below are a few things to keep in mind when figuring out if your symptoms are from exposure to mold or if they are from an illness causing the same symptoms:

- Pay attention to your symptoms when you are away from the place you think caused them.
- If you feel better after leaving that place for a while, it's possible it may have mold.
- If your symptoms do not go away after leaving that place, then you might have a cold or other illness.

If you are worried that mold is making you sick, you may want to make an appointment with a health care provider.

Association of Occupational and Environmental Clinics



If a health care provider is not able to help you or you would like to find a specialist near you, visit the [Association of Occupational and Environmental Clinics' website](http://AOEC.org/directory) (URL: AOEC.org/directory) or call 888-347-AOEC.

This association provides lists of clinics and doctors who know how to help people who have been exposed to mold.

Want to know more?

Call the Michigan Department of Health and Human Services at 800-648-6942.

Find more fact sheets about mold at Michigan.gov/Mold.

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