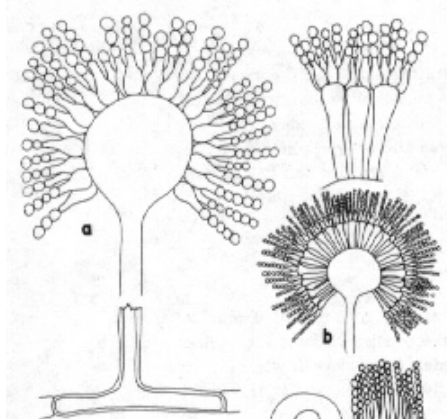


Mould Allergy



Mould is a type of fungus present in all houses, in the air and on most surfaces. Soil contains a high number of moulds. It is more likely to multiply in a damp environment with poor ventilation. It can be killed by fungicides and many household detergents. Removal of all visible mould has been shown to improve asthma symptoms and reduce allergic rhinitis (nasal allergies) at 12 months. Allergic people are even more likely to benefit from mould reduction.

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AVOIDING MOULDS

- Avoid raking leaves or composting

REMOVAL OF VISIBLE MOULD

- Remove all visible mould using a detergent (eg RLT bactdet) with a fungicide (eg sodium dichlorophen)
- Allow surface to dry
- Apply RLT halophen (kills fungus below the surface)
- When repainting, mix fungicide into paint
- Ventilate living areas whenever possible with open windows and a fan

REMOVE SOURCES OF MOULD

- Treat any damp on carpets and walls
- Remove soil from the house (eg indoor plants)
- Clean standing water from bottom fridge
- Clean/ replace airconditioning filters