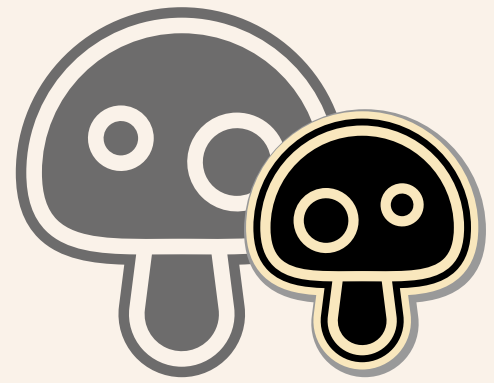


Healthy Homes

... & THE FIGHT AGAINST MOULD



WHY IS IT HARMFUL?

Mould can cause eye, nose, and throat irritation, coughing and phlegm build-up, wheezing, shortness of breath, and eczema, as well as symptoms of asthma and allergic reactions. ^{1, 2} Bleach is commonly used to clean mould, but is extremely irritating and corrosive to our skin, eyes, and lungs!

Repeated exposure to mould can increase a person's sensitivity, causing more severe reactions.

HEALTHY HOME TIPS:

Improve ventilation and fix water leaks to prevent mould.

- Use a dehumidifier.
- Turn on your bathroom fan while showering.
- Switch on stove vents while cooking (especially when boiling water!) and if you can, make sure the stove is vented to the outdoors.
- When the weather permits, crack open a window when you are mopping or doing other wet cleaning.



Non-toxic cleaning idea:

1. Spray undiluted white vinegar generously onto the mouldy surface* until the mould is completely wet
2. Leave it to sit for 1 hour
3. Wipe clean with water and let dry

*Use on small areas of visible mould (up to 1m x 1m); For larger infestations, consult a professional.

Caution: While a 3% solution of Hydrogen peroxide can also be sprayed to kill mould, NEVER mix it with vinegar. Vinegar and Hydrogen peroxide react to form *peracetic acid*, a highly corrosive and reactive chemical which can burn skin and cause severe airway irritation.