Mold symptoms

Molds are fungi that are a normal part of outdoor and indoor spaces. Wet weather and water damage cause mold overgrowth, causing symptoms in some people.

Allergies

Just like pollen can cause seasonal allergies, mold can make you sneeze & cough, can make your eyes/nose/throat itch, can give you congestion and a runny nose, or can give you a rash if you’re allergic.

Asthma

If you have asthma, mold might trigger an asthma attack.

Less Common

People with weak immune systems (such as patients being treated for cancer) are at higher risk of getting sick from mold. Uncommon lung infections from mold exposure can occur in people with an underlying lung disease (like cystic fibrosis). People who work with large amounts of moldy material (like farmers) are at increased risk of developing lung problems, so steps should be taken on the job to reduce the exposure.

Did you know?

The terms “black mold” and “toxic mold” are not medical terms and don’t mean the mold is more dangerous.

If you see or smell mold you don’t need to test for what kind it is.

The best next steps are to fix the underlying water problem and safely clean or discard damaged items.

Tests for mold “mycotoxins” are not recommended. Children with allergies or asthma may benefit from allergy testing to figure out what triggers their symptoms.

A pediatrician can help treat allergy and asthma symptoms. Mold “detoxification” products are not recommended and can be dangerous.