

# Meet The Mouldies

## Meet The Mouldy family.

They live in every town and every community. They can live in the best neighbourhoods. You may know them already. You can tell who they are by the musty, mouldy odor and maybe some green stuff growing on their clothes or between their toes.

How did The Mouldies get to be this way? Well, pretty simple, actually. They simply didn't know that modern houses have become practically air tight. Moisture from their bodies and all the activities they get up to in their homes (everything from washing dishes to taking a shower) seeps into the walls, into carpets, into clothes.

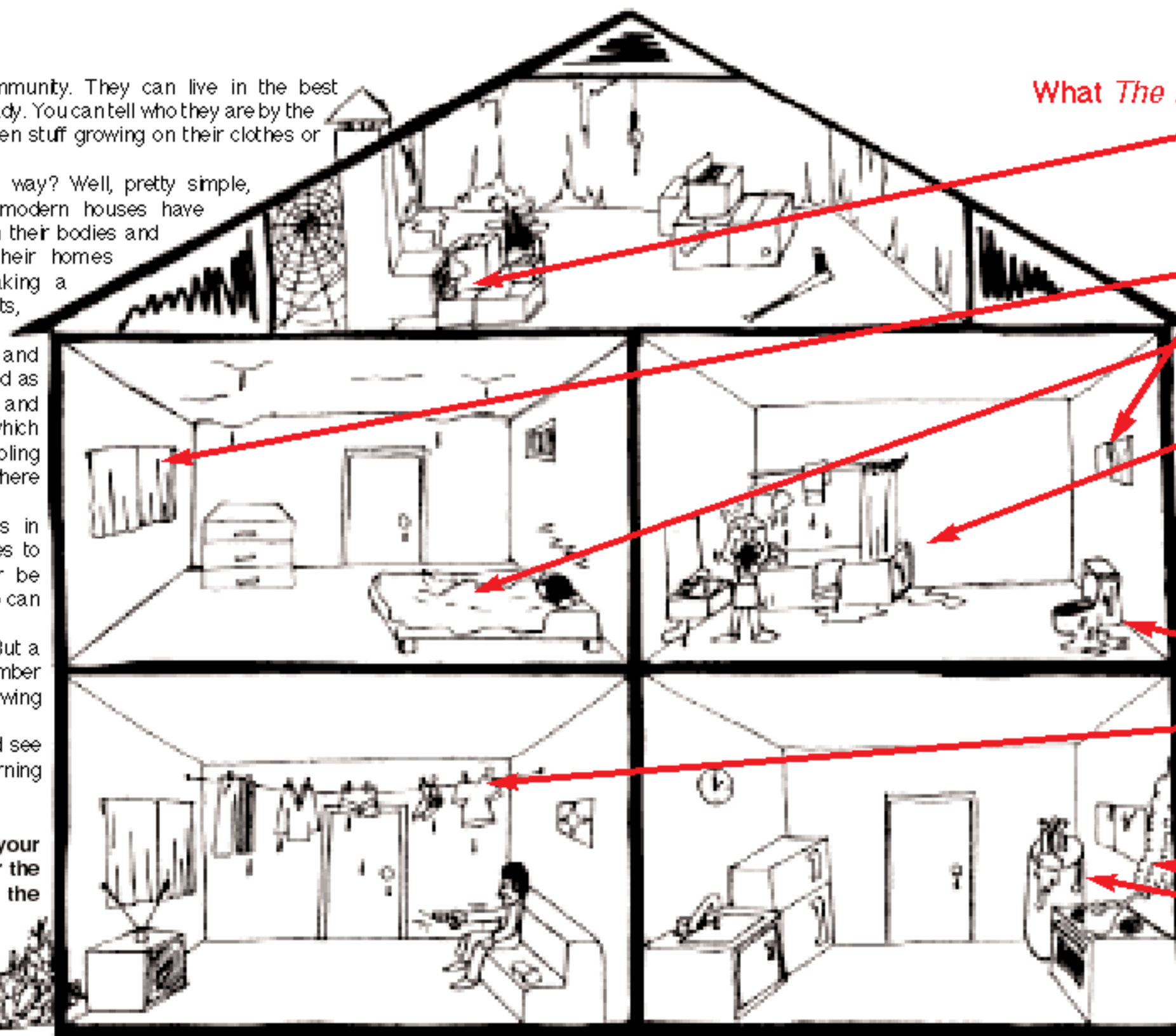
Wherever there is moisture, lack of light and lack of air circulation, mould can grow. And as it grows, horrible things can happen. Walls and floors can rot. So can the wood timbers which hold them up. Ceilings can come tumbling down. Even electrical fires can occur where there is excessive dampness.

But perhaps most importantly, houses in which mould grows are not healthy places to live. Respiratory illnesses can occur or be made worse by the presence of mould. So can other infections and ailments.

Mould is easy to grow in any house. But a few simple precautions taken by every member of your family can prevent mould from growing in your home.

Take a look at The Mouldies house and see what you can do to prevent mould from turning your home into an unhealthy place to live.

If you think that you do have mould in your home, call the community health nurse or the CHR and ask for a visit from the environmental health officer.



## What The Mouldies are doing wrong

- Attic ventilation has been blocked, preventing good air circulation. Here The Mouldies have stored boxes in their attic, blocking the vent. Every house needs good ventilation to prevent moisture and mould build-up.
- Windows in every room should be opened every day to let in light and fresh air
- With the door and window closed, there is not enough ventilation to get rid of all the moist air that is created during a night (or day!) of sleeping
- The bathroom is one of the worst places in the home for creating excessive moisture. Wet towels and clothes on the floor, a dripping shower tap, a filled bathtub that is allowed to sit unused... and add to this regular use of the sink for washing, you have moisture everywhere. Open windows. Keep that humidistat set where the instructions tell you. And, by the way, a toilet bowl or tank with condensation on it is a good sign your bathroom needs some fresh air.
- Even a living room can be the perfect home for mould. Several people in the room for an evening creates more moisture than you think. Add to that hanging wet clothes, closed doors and windows... well, you know.
- Use your stove's ventilator to extract moist air from cooking. Check dripping hot water tank fixtures. Open doors and windows.
- Make certain crawl space vents aren't blocked by rubbish or other materials.