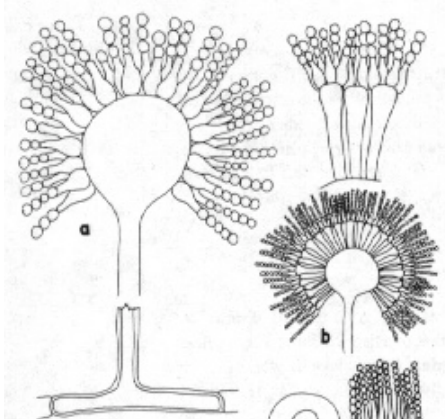


# Mould Allergy



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.

## AVOIDING MOULDS

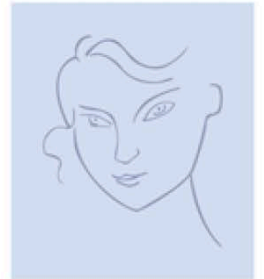
- Avoid raking leaves or composting

## 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



North Melbourne ENT  
ABN 28 582 450 307

100/30 Wreckyn Street  
North Melbourne VIC 3051  
T 03 9078 8074  
F 03 9078 8105  
northmelbourne@nment.com.au  
www.nment.com.au

Also located at:

Williamstown ENT

54 Electra Street  
Williamstown VIC 3016  
T 03 9397 5507  
F 03 9397 6914  
williamstown@nment.com.au

A/Prof Tim Iseli  
MBBS (hons.), FRACS  
ENT Surgeon  
Provider No. 231248MT (N)  
Provider No. 231248NB (W)

Dr Claire Iseli  
MBBS (hons.), FRACS, MS  
ENT Surgeon  
Provider No. 246559JX (N)  
Provider No. 246559PB (W)

An association of  
independent practitioners