

# THE FACTS ABOUT MOULD

## #TheBigWet

Townsville  
Hospital  
and Health  
Service



## Mould: mostly just a nuisance

- Every building in Townsville has some mould in it.
- It's a wet season issue, even without the floods
- The big wet has made the mould grow - easier to see and smell.



## Low-risk from household mould

- People with a normal immune system can easily keep mould out of their body
- Only a few people could be affected by mould and dusty spores in the air:
  - True allergy to mould, with asthma or lung disease
  - Elderly people, or chronic diseases like diabetes or kidney trouble
  - Low immunity, like people with cancer chemotherapy
- If concerned, see your doctor.



## Prevent mould growth

- Fresh air and sunshine
- Dry out with fans OR aircon on dry mode.



## Cleaning up

- People with known medical risks (above) should not do the clean-up
- Use rubber gloves with water and detergent
- Use a fine particle (P2) mask if there's lots of dusty spores indoors
- White vinegar or commercial products can help prevent regrowth
- Some things like water-logged furniture will have to be thrown out
- Carpets waterlogged for more than 2 days may have to be removed – beware that some old carpet underlay may contain asbestos. Asbestos containing carpet or fibro sheets must be disposed of separately to other hard waste. Seek advice.

**For further information see your doctor, hospital or health clinic**

For health information call your local Public Health Unit on (07) 4433 6900

Call 13 HEALTH (13 43 25 84) for qualified health advice anytime

[www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up](http://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up)