

COMMON MOLD ALLERGY CONTROL MEASURES

Alternaria

- Found in soil, food and textiles, rotten wood, composts, bird nests, forest plants.
- Appears whenever the weather is warm.
- Considered an outdoor mold.

Cladosporium

- Most frequent mold in the air, found more outside than inside.
- Can be taken over oceans via air currents making it the most widely distributed mold in the world.
- Peak months are July-October, but can start as early as May.

Aspergillus

- Highest incidence during the wide temperature range, even the coldest months.
- Found in litter box layers, onions, rice, coffee, plants, and cereals, roots of strawberries, bird droppings, plant debris and hay.
- Prominent in basements.
- Found on leaves, plant stems, in soil, cereals, cucumbers, tomatoes, and peaches.
- Found in unclean refrigerators, houses with poor ventilation, houses in low, damp, environments, upholstery and pet areas.

Aureobasidium

- Invades leaves, surface layer of soil, and seed of wheat, barley, oats, tomatoes, and pecans.
- Found in kitchens, bathrooms, wood, sauna/hot tub water.

Mucor

- Soil fungus, also found in horse dung, plant remains, wheat grain, barley, tomato and pecans.
- Decomposes carbohydrates, fruits, fruit juices and marmalade.
- Typically an indoor mold and is the main mold in floor dust.

Penicillium

- Penicillin producing fungus.
- Widely distributed as soil fungus from vineyards, soil of citrus plantations, stored seeds of cereal, hay, bird nests, grapes, nuts, dried fruit, and fruit juices.
- Found in basements more than any other room in the house.
- Peaks in winter and spring.

Fusarium

- Common in soil and as a cause of plant disease.
- Loves, warm, wet weather; but survives in winter on soil and plant debris in their dominant state.
- Found in banana roots, tomato, watermelon and rice.

Drechslera

- Found in plant debris and soil and on decaying food.
- Is a plant pathogen (causes disease) on cereal grains, such as corn, wheat, oats and rye.
- Can cause health problems in humans, such as liver and kidney damage, if ingested.

Epicoccum

- It is one of the fastest growing molds
- Prevalent in cool and moist conditions
- Common in soil and food
- Often grows on building materials
- Usually the cause of leaf spots on plants.

**You can check pollen and mold counts at the National Allergy Bureau website:
<http://www.aaaai.org/global/nab-pollen-counts>**