

# Health Effects: Indoor Air Quality & Mould

CleanOxide Air Sanitisation Gel is the simplest way to stop mould and bacteria in your room.



“Sufficient evidence of an association exists between signs of mold and upper respiratory tract symptoms, cough, wheeze, asthma symptoms in sensitized persons and hypersensitivity pneumonitis in susceptible persons.”

Institute of Medicine. Damp indoor spaces and health. Washington, DC: National Academies Press, 2004.

“Microbial pollution is a key element of indoor air pollution. It is caused by hundreds of species of bacteria and fungi, in particular filamentous fungi (mould), growing indoors when sufficient moisture is available.....The review concludes that the most important effects are increased prevalences of respiratory symptoms, allergies and asthma as well as perturbation of the immunological system.....The most important means for avoiding adverse health effects is the prevention (or minimization) of persistent dampness and microbial growth on interior surfaces and in building structures.”

World Health Organisation. (2009). WHO guidelines for indoor air quality: dampness and mould. Druckpartner Moser.

“It is well established that fungi can cause allergic reactions in humans. The most common symptoms associated with allergic reactions include runny nose, sneezing, post-nasal drip with sore throat, eye irritation, cough, wheeze, and other symptoms associated with the aggravation of asthma.”

New York City Department of Health and Mental Hygiene. (2008, November). Guidelines on Assessment and Remediation of Fungi in indoor Environments.

“Exposure to damp and moldy environments may cause a variety of health effects, or none at all. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases, skin irritation. People with mold allergies may have more severe reactions. Immune-compromised people and people with chronic lung illnesses, such as obstructive lung disease, may get serious infections in their lungs when they are exposed to mold. These people should stay away from areas that are likely to have mold.....”

Centers for Disease Control and Prevention. (2014, June 17). Facts about Mold and Dampness. Retrieved August 10, 2016, from Mold: [https://www.cdc.gov/mold/dampness\\_facts.htm](https://www.cdc.gov/mold/dampness_facts.htm)

For more information on Mould, Indoor Air Quality or the range of CleanOxide products available to treat and safeguard your home and business go to:  
[www.nwsolutions.com.au/residential/cleanoxide-gel/](http://www.nwsolutions.com.au/residential/cleanoxide-gel/)

Best Used 24 months from Manufacture Date



NW Solutions

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“Building dampness and mould are associated with approximately 30-50% increases in a variety of respiratory and asthma-related health outcomes.”

Fisk, W. J., Lei-Gomez, Q. and Mendell, M.J. (2007). Meta-analyses of the associations of respiratory health effects with dampness and mould in homes. *Indoor Air*, 17 (4), 257 - 334.

“The committee concludes, on the basis of this information and other findings ..... that excessive indoor dampness is a public health problem.”

Institute of Medicine. *Damp indoor spaces and health*. Washington, DC: National Academies Press, 2004.

“Indoor mould exposure was consistently associated with adverse respiratory health outcomes in children living in ... a damp or mouldy home.”

Exposure to indoor mould and children’s respiratory health in the PATY study. *J Epidemiol Community Health*, 62, 708-714.

“Most available data indicate that at least 20% of homes have dampness problems or visible mold.”

Institute of Medicine. *Damp indoor spaces and health*. Washington, DC: National Academies Press, 2004.

“Adverse health effects may include: allergic reactions; toxic effects and irritation; and infections.....However, as the amount of mold-impacted materials increases, so do potential exposures.”

New York City Department of Health and Mental Hygiene. (2008, November). *Guidelines on Assessment and Remediation of Fungi in Indoor Environments*.

“It is not possible to determine ‘safe’ or ‘unsafe’ levels of exposure for the general public because of variation of individual susceptibility, lack of standardized and validated environmental exposure sampling methods, and lack of reliable biological markers.

New York City Department of Health and Mental Hygiene. (2008, November). *Guidelines on Assessment and Remediation of Fungi in Indoor Environments*.

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