



Confront polluters. Seed solutions.

A 3-Part Guide to Solving Mold Problems in Your Home or Building

WHAT IS MOLD + HOW DOES IT AFFECT MY HEALTH?

Community Action Works lays out the basics, so you have the tools to tackle mold + make change in your community

PART 1/3

WHAT IS MOLD AND HOW DO I DETECT IT?

- Mold is a type of fungus that you're exposed to everyday - it is usually harmless in small amounts, but should be avoided indoors.
- You will know when you have a mold problem - it can usually be seen or smelled.



HOW DOES IT AFFECT MY HEALTH?

- Exposure to mold can cause many effects or none at all.
- Effects depend on the individual - children, elderly, and immunocompromised people are especially at risk.
- Can lead to stuffy nose, wheezing, red/itchy eyes or skin.
- In extreme cases, it is linked to respiratory problems or lifelong effects like memory loss, insomnia, or confusion.