

# Damp and mould

## How mould affects people

**Exposure to damp and mouldy environments may cause a variety of health effects, or none at all.**

**These effects are why Coastline treats reports of damp and mould seriously.**

Some people are sensitive to moulds. For these people, exposure to it can lead to symptoms such as a stuffy nose, wheezing, and red or itchy eyes or skin. Some people, such as those with allergies to moulds or with asthma, may have more intense reactions. Severe reactions may include fever and shortness of breath.

In 2004 a study by the Institute of Medicine found there was enough evidence to link indoor exposure to mould with upper respiratory tract symptoms, cough, and wheeze in otherwise healthy people; with asthma symptoms in people with asthma; and with hypersensitivity pneumonitis in individuals susceptible to that immune-mediated condition.

Other recent studies have suggested a potential link of early mould exposure to development of asthma in some children, particularly among children who may be genetically susceptible to asthma development, and that selected interventions that improve housing conditions can reduce morbidity from asthma and respiratory allergies.



There is no blood test for sensitivity to mould. Some physicians can do allergy testing for possible allergies, but no clinically proven tests can pinpoint when or where a particular mould exposure took place.

### **Who is most at risk for health problems associated with exposure to mould?**

People with allergies may be more sensitive to moulds. People with immune suppression or underlying lung disease are more susceptible to fungal infections. Individuals with chronic respiratory disease (eg chronic obstructive pulmonary disorder, asthma) may experience difficulty breathing. Individuals with immune suppression are at increased risk for infection from moulds. If you or your family members have these conditions, a doctor should be consulted for diagnosis and treatment.

**If you have any concerns about mould in your home, it is important to contact Coastline.**

### **Contact us**

My Coastline - on app or at [www.coastlinehousing.co.uk](http://www.coastlinehousing.co.uk)  
Email - [customer.service@coastlinehousing.co.uk](mailto:customer.service@coastlinehousing.co.uk)  
Telephone - 01209 200200

**Please let us know as soon as possible if you have updated your phone number and email address.**