



# Are you living in a rental unit with mould?

Do you or your family members living in the unit suffer from any of the following symptoms?

- Ongoing cough that does not go away and is worse when in the home;
- Asthma symptoms becoming worse (for example, needing to use an asthma inhaler more often);
- Stuffy or running nose (not associated with allergies) that keeps coming back and is worse when in the home;
- Trouble with breathing.

Do you or any of your family who live in the unit suffer from any of the following conditions?

- Asthma or other breathing difficulties;
- Lung disease or other respiratory illness.



If you answered YES to any of these questions OR If you have young children and have mould in your home...

## You should talk to your doctor.

Mould may be harming your health or the health of your family.

**You may want to keep a record of symptoms** that you or family members experience. Be sure to note if the symptoms are worse when you are in the home and/ or if you feel better when you are at work, school or friends' homes. Show your record of symptoms to your doctor.

**Ask your doctor for a letter** to document that you are suffering from symptoms related to the mould. A sample letter is online at: [www.rentsafe.ca](http://www.rentsafe.ca)

NAME	SYMPTOMS	DATE	TIME	LOCATION
<i>Example - son</i>	<i>Running nose, got worse in the evening</i>	<i>May 30, 2019</i>	<i>5:00 pm bed time</i>	<i>Living room and bedroom</i>

If your landlord refuses to do the work needed to get rid of the mould, **you can go to any of the following organizations and ask for their help.** If you have a letter from your doctor, take it with you.



**Your Community Legal Clinic**



**Public Health**



**Municipal Property Standards/  
Building Inspector**

To find out how to contact these agencies, **call 211 or 311** (if those services exist in your area), search on the Internet, or ask a social services agency or worker.

COMMON

# Myths and Truths about Mould.

**MYTH**

✗ You can clean mould with bleach.  
**WRONG**

**FACT**

- ✓ Bleach will not help to clean the mould.
- ✓ You should use **soap and water**.
- ✓ You should **wear gloves and a proper mask** if cleaning mould. Never clean mould yourself if you are having health problems from the mould or if you have a breathing problem like asthma.
- ✓ **Get information from Public Health** on how to clean mould properly and safely.

**MYTH**

✗ Only certain kinds or colours of moulds are dangerous.  
**WRONG**

**FACT**

- ✓ **All forms of mould growth in the home may pose a health hazard** and can cause long term health effects with ongoing exposure.

**MYTH**

✗ You can cover up mould with “mould blocking” paint.  
**WRONG**

**FACT**

- ✓ This will not stop the harmful effects of mould or prevent mould from growing if there is an underlying moisture problem in the building.
- ✓ **The cause of the moisture problem must be fixed to stop the mould growth.**