

2. Health Effects of Mold Exposure

Inhalation exposure to mold indoors can cause health effects in some people. Molds produce:

- Allergens (substances that can cause allergic reactions)
- Irritants
- Potentially toxic substances or chemicals (mycotoxins)

Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Mold does not have to be alive to cause an allergic reaction. Dead or alive, mold can cause allergic reactions in some people.

Mold can have various health effects, particularly for individuals with sensitivities or compromised immune systems. The severity of health impacts depends on the type of mold, the duration of exposure, and the individual's susceptibility.

For more detailed information on Mold and your health please visit

[Center for Disease Control \(CDC\)](#)

[Environmental Protection Agency \(EPA\)](#)