Damp and mould
Mould myths busted

Mould myth 1: Repeated mould exposure won't make me sick.

Truth: Although not everyone is affected when exposed to mould, all moulds can cause health-related illness or distress, especially among people who already have respiratory issues. Common symptoms associated with mould exposure include coughing, watery eyes, congestion, headaches, and even memory loss and dizziness.

Mould myth 2: There should be no mould in my home.

Truth: The truth is that mould spores are present everywhere, including within the built environment and the outdoors. The air you are breathing contains mould spores, and completely eliminating it is almost impossible. Common health reactions are related to unusually high concentrations of mould if that occurs in your home. Greater amounts of mould can pose health risks and cause significant damage to a home if care is not taken of unwanted and high levels of moisture that can lead to mould infestation.

Mould myth 3: Mould is always visible

Truth: Many people think that just because they can't see it, it's not there. Seeing isn't believing when it comes to mould, as not all types of mould are visible. Therefore, it's best to also rely on smell to detect mould. If you smell a musty odour, it can indicate moisture and mould are likely to be present.

Mould myth 4: Using bleach is a good way to kill mould.

Truth: Many people use bleach as a mould removal solution in their homes. However, they are unaware that bleach does not always kill mould or mould spores. It often only bleaches it so it's not visible. Eventually, you see the mould return in areas where moisture is present or where high humidity is common, such as in showers in the bathroom.

Cleaning and maintaining surfaces using a mould treatment product will be effective in stopping mould from becoming an issue. Also, extractor fans in bathrooms help keep humidity low and are an effective way to limit growth. If you have fans in your home, please check they are working, and call Coastline if they may be faulty.

Contact us

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

Coastline

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Mould myth 5: You shouldn't worry about a small spot of mould.

Truth: In reality, a mould problem can become a bigger issue if the moisture problem is not addressed. What's more, mould can spread to any organic surface, as well as to the heating and ventilation system in your home, which could result in widespread damage. That's why it's important to contact Coastline if there is a mould problem in you home.

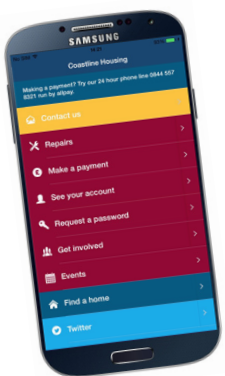**Mould myth 6: You can clean up mould infestations yourself.**

Truth: Even infected areas smaller than 10 square feet may require professional mould removal services. In fact, efforts in removing mould may accelerate mould growth if not properly contained and controlled.

Well-trained certified mould control professionals have specialised equipment and know the necessary techniques to get rid of mould much more efficiently. All you need to do is contact Coastline to get a specialist surveyor booked in to visit your home.

Mould myth 7: Once the mould is gone, it won't come back.

Truth: Removing mould is part of the solution but resolving the damp issue is also needed. The only way to completely stop mould from returning is to resolve causes of high humidity, moisture, or water problems that encourage mould to grow. To maintain this, it's also important to ventilate, use extractor fans, and make sure that furniture has space behind it to allow airflow.

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