



Black Mold Toxicity Symptoms & Solutions



Black Mold is a treatable toxin that is harmful to human and animal health. Prolonged exposure can lead to serious health problems, but actions can be taken to reduce complications, save lives, and bring people together in the aftermath of disaster.

Please help yourselves, your families, your neighbors, and your friends

Symptoms of toxicity from Black Mold:

Black mold can affect all of our body's systems. This list may seem scary and huge, but with knowledge and some organizing we can get through this.

Neurological

- Confusion
- Brain fog
- Shortened attention span
- Difficulty concentrating
- Slowed reflexes
- Disorientation
- Dizziness
- Memory loss and memory problems
- Impaired learning ability
- Hallucinations
- Shock
- Anxiety
- Depression
- Aggression and other personality changes
- Tingling
- Trembling
- Shaking
- Seizure
- Numbness

Respiratory

- Difficulty breathing - breathlessness or shortness of breath
- Wheezing
- Coughing
- Pulmonary edema - swelling of the lungs
- Pulmonary hemorrhage - bleeding in the lungs
- Sore throat
- Burning sensation of the mouth
- Bleeding gums
- Runny nose
- Itchy nose
- Stuffy, blocked nose
- Nose bleeds

Circulatory

- Irregular heartbeat
- Heart inflammation
- Damage to heart
- Low blood pressure
- Bone marrow disruption
- Bleeding tendency
- Blood not clotting properly
- Hemorrhage - internal bleeding
- Vomiting up blood
- Bleeding in the brain and in other organs

Vision and Eye

- Eye inflammation and soreness
- Red or bloodshot eyes
- Eye damage
- Blurry vision and vision worsening
- Jaundice - (yellowing of the eyes)



Black Mold Toxicity Symptoms & Solutions Continued



Skin Issues

Crawling skin
Dermatitis -
skin inflammation,
rash, blisters
itchiness
Jaundice (yellowing of the skin)

Immune System Symptoms

Immunosuppression -
immune system not functioning properly
Infections reoccurring

Reproductive System Symptoms

Infertility
Miscarriage
Impotence
Fetal development problems

Other Symptoms

Hair loss
Weight loss, anorexia
Hearing loss
Liver disease
Coma
Death

Tiredness and Discomfort Symptoms

Chronic fatigue
Drowsiness
Weakness
Aches and pains
Muscle pain
Chest pain
Abdominal pain
Joint pain
Malaise - general discomfort
Headaches
Cold or flu type symptoms or recurring colds
Fever
Nausea
Vomiting
Diarrhea

♥ **That's a lot of info, but no need to panic** ♥
Here are some basic steps YOU can take to prevent future problems

Remember that people react differently to everything including black mold.

Children, elders, and chronically ill folks are likely to be more sensitive than others, The most important step is getting away from the mold, and removing it from your living space:

Clean smooth surfaces (metal, glass, counters etc) with vinegar, hydrogen peroxide, or other cleaner. Bleach is NOT the best option! Wash your hands often, before and after handling moldy items.

Remove moldy carpet. Cover your face with an "N-95" mask. If these masks aren't available, use a cloth or other form of barrier. Place moldy carpet in plastic bags., Moldy sections of dry wall - this can be done with a utility knife! Mold LOVES DUST focus on minimizing dust. Vacuum rugs and floors with a HEPA filter vacuum.

Wash laundry with 1-2 cups of vinegar per load in hot water.

Help each other Everything is easier with help. Relief groups from outside can/will only do so much. With so much of the country affected by hurricanes and fires good help is spread thin. Locally organized work parties can make the job more enjoyable and can help you share resources. Don't forget elders and shy people! They may not ask for the help they need.

For More info look online at moldpedia.com, Mutualaiddisasterrelief.org