Fungal Facts

Fungi can grow in indoor and outdoor environments, especially where there is excessive moisture, air and organic matter.

Fungal growth is influenced by:

- Poor housekeeping (dust and dirt)
- Inadequate or poorly maintained ventilation
- Poorly regulated temperature and relative humidity
- Manufacturing processes
- Water damaged buildings

Can I test for moulds?

- Conduct indoor air quality assessment
- Air sampling for fungi & metabolites
- Culture and identification of fungi
- Consultations and
- recommendations
- Training and advisory services

Where can you find fungi in your workplace?



Leaking Pipes





Wet Ceiling

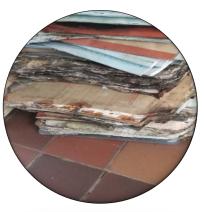




Carpets



Wallboard (drywall)



Papers and books



Wood

Floors

How to control fungi?

- Moisture control (<60 %RH)
- Use dehumidifiers & air conditioners
- Fix water leaks and damaged buildings
- Dry wet materials within 48hours
- Increase air movement

- Prevent condensation
- Use of personal protective equipment
- Clean and decontaminate surfaces
- Smell and inspect visible moulds
- Monitor people for symptoms

did you know? Fungi cannot be completely eliminated.

Contact us: info@nioh.ac.za | 011 712 6400/75/87

Adapted from: https://www.basementsystems.co.uk/home-mould/repair-wood-damage.html





Division of the National Health Laboratory Service

Can fungi affect my health?

There are many fungal species, but only a few can make people sick. You can breathe, touch and eat fungi.

Most common symptoms include:

- Eye, nose and throat irritation
- Allergic reaction
- Headaches
- flu-like symptoms
- Rash
- Hair loss
- Fatigue
- Dizziness
- Itchiness
- Possible skin irritation
- Asthma or aggravation of asthma in mould-sensitive asthmatics
- Fungal infections (mycosis)

Immunocompromised people are more at risk

