



Checklist for Identifying Mold Symptoms in Your Home

Mold can be a hidden danger in your home, often causing health and structural issues. This checklist helps you identify potential signs of mold to determine if a professional inspection is needed. If you check multiple boxes, it's advisable to contact a mold inspection specialist.

Physical Symptoms in Residents

- Frequent respiratory issues (e.g., coughing, wheezing, or shortness of breath).
- Persistent nasal congestion or runny nose.
- Unexplained skin rashes or irritation.
- Chronic headaches or migraines.
- Increased allergy or asthma symptoms indoors.

Visible Signs of Mold

- Discolored spots or streaks on walls, ceilings, or floors.
- Mold growth around windows, sinks, or showers.
- Warped or bubbling paint or wallpaper.
- Dark or damp areas with visible mold colonies.

Odor and Air Quality

- Persistent musty or earthy smell indoors.
- Noticeable odor that intensifies in specific rooms or areas.

Structural and Environmental Clues

- Recent water damage or flooding.
- Leaky pipes, roofs, or windows.
- High indoor humidity levels (above 60%).
- Condensation on windows or walls.

Other Observations

- Increased presence of insects or pests in damp areas.
- Unexplained worsening of health symptoms when at home.

If you notice several of these symptoms or suspect mold in your home, reach out for a professional mold inspection:

Call or Text
(512) 890-0185