



## Spores vs. Mycotoxins

Mycotoxins are naturally occurring toxins in volatile organic compound (VOC) form produced by mold.

- They can be as small as 0.1 microns.
- They typically replicate on and attach to floors or walls in humid or confined areas or on certain foods. However, they can be found on any material.
- They can cause adverse health effects, ranging from acute poisoning to cancer or immune deficiency.
- Not all types of molds produce mycotoxins. The most common and dangerous mycotoxin-producing molds are:
  - Alternaria
  - Aspergillus
  - Chaetomium
  - Cladosporium
  - Fusarium
  - Myrothecium
  - Penicillium
  - Stachybotrys
  - Trichoderma
  - Trichothecium

**MOLD SPORES:** To reproduce, molds release tiny reproductive cells known as spores. According to the EPA, some molds have spores that are easily disturbed and settle repeatedly with each disturbance. Other molds have sticky spores that will cling to surfaces and are dislodged by brushing against them or by other direct contact.<sup>(1)</sup>

- They can be found almost anywhere moisture and oxygen are present.
- Mold spores can be between one and 20 microns in size.
- Mold spores can cause adverse health effects, including but not limited to:
  - Watery eyes
  - Runny nose
  - Sneezing
  - Itching
  - Coughing
  - Wheezing
  - Difficulty breathing
  - Headache
  - Fatigue

### References

(1) <https://www.epa.gov/mold/what-are-molds#:~:text=Molds%20spread%20by%20producing%20tiny,both%20indoor%20and%20outdoor%20air.>