

你有否在家中或工作的地方見過黑色圓形斑點或留意到一些「發霉」或「潮濕」的氣味？如答案是有，你可能已接觸了室內的霉菌。

什麼是室內霉菌及其影響？

「霉菌」是依賴已死的有機物質而生存的極微細真菌，可存活在室內和室外環境。室內霉菌不但對食物、紡織物、皮革及各類建築物料造成破壞，亦會影響用戶的健康。霉斑通常呈深色，但也有其他顏色。可以憑「發霉」或「潮濕」的氣味察覺霉菌的存在。

霉菌會產生肉眼看不見的微細孢子。當吸入霉菌孢子和粒子，或接觸到霉斑，對霉菌敏感的人士可能會產生過敏反應。除過敏或刺激性反應外，其他症狀並不常見。由於不同人對霉菌的敏感度都不一樣，而且現時尚未有就接觸霉菌設定限值水平，不論霉菌的生長範圍，最適當的做法就是清除所有可見的霉菌及採取補救措施。

霉菌怎樣生長？

霉菌的孢子像種子一樣，在合適環境下，如有充足的養分（即有機物質）和水分可長成霉斑。大部分的室內霉菌可於攝氏 20 度至 26 度的環境下良好地生長。此外，塵埃因含有生物粒子，也是霉菌生長的重要養分來源。

如何預防及控制霉菌？

預防及控制室內霉菌的最有效方法是保持地方乾爽和控制塵埃積聚。以下是一般提示：

- 定期檢查容易出現潮濕及漏水問題的地方，並及時解決濕氣 / 水患的問題。
- 一旦發現霉菌，應立即把它清除。
- 盡量維持室內相對濕度在 70% 以下，如透過使用空調或抽濕機。
- 透過降低溫差，避免潮濕的熱空氣進入室內後在低溫的物件表面形成冷凝水，例如在關掉空調時不要立即打開窗戶。
- 使用抽氣扇將水氣（例如在沐浴和煮食時）排出室外。
- 盡快解決水管和樓宇（如在窗戶的周圍）的滲漏問題。

- 盡快弄乾受水浸破壞的地方和物品，以及移除不能徹底乾透的物品。
- 定期使用具有有效過濾器（如高效能空氣粒子（HEPA）過濾器）的吸塵機進行清潔。
- 定期清潔空調的隔塵網。
- 使用抗霉和易於清潔的物料（例如無孔的地板和鋪牆物料）。
- 清理雜物和多餘的物料，因儲存時會促進霉菌生長。

霉菌出現可怎辦？

一旦出現霉菌，應立即把它清除，如發現有濕氣 / 水患的問題，應盡快把問題解決。如察覺到有發霉的氣味，應進行檢查以確定霉菌生長的位置，包括隱藏的地方（如牆紙背面、地毯底、牆身及傢俬背後）。以下是清除霉菌的一般提示：

- 配戴合適的個人防護裝備（如 N-95 口罩、膠手套及護目鏡），並在清潔工作完畢後立刻洗手。
- 如有需要，將敏感人士（如哮喘和過敏症患者）遠離霉菌清理的範圍。
- 生長在硬表面或無孔物料上的霉菌，可以用清潔劑和水清洗，然後把它徹底弄乾。
- 不建議使用殺蟲劑或消毒劑，因這些化學劑對個別人士有潛在的毒性。
- 在清理霉菌時，應避免塵埃的產生，例如在移除受霉菌破壞的牆紙前，應先用稀釋的肥皂水或洗滌劑噴濕牆紙的表面。
- 生長在吸水物料（例如假天花和地毯等）的霉菌，若不能把霉菌清除，應把這些物料棄置，並放入密封的塑膠袋。把塑膠袋的表面清潔後，把它移離霉菌生長的範圍，然後把它放入另一個塑膠袋中，封好後才丟棄。

如有需要，可尋求專業人士的意見或聘請合適的人士清除霉菌。

如想得到更多資料，請聯絡：

室內空氣質素資訊中心
電話：2788 6177 傳真：2788 6181
電郵：enquiry@iaq.gov.hk
網址：http://www.iaq.gov.hk



Indoor Air Quality
Information Centre
室內空氣質素資訊中心



環境保護署
Environmental Protection Department

室內霉菌與你 Indoor Mould and You



Have you seen dark circular spots or noticed "musty" or "damp" smell in your home or workplace? If yes, you may have been exposed to indoor moulds.

What are indoor moulds and their effects?

"Moulds" are microscopic fungi that live on dead organic matter, and can be found both indoors and outdoors. Indoor moulds can cause damage to food, textile, leather and various building materials, and have potential to cause health problems. Mould patches are usually dark in colour but can be in any colour. Sometimes moulds can be detected by their "musty" or "damp" smell.

Mould produces tiny spores which are not visible to the naked eye. Inhaling mould spores and particles or touching mould patches may cause allergic reactions to mould-sensitised individuals. Symptoms other than allergic and irritant types are not common. As everyone has a different sensitivity to moulds and there are no exposure limits, it is advisable to remove all visible moulds and correct the problem irrespective of the extent of mould growth.

What makes moulds grow?

Mould spores act like seeds and can grow into mould patches under right conditions when there is nutrient (viz. organic matter) with sufficient moisture. Most of the indoor moulds can grow well within a temperature range of 20°C to 26°C. Dust is also an important nutrient source for mould growth as it contains biological particles.

Any tips to prevent and control mould growth?

The most effective way to control indoor mould growth is to keep the place dry and control dust accumulation.

Following are some general tips:

- Check the areas prone to dampness and water leaks regularly, and fix the moisture/water problems promptly.
- Clean up the moulds once they are found.
- Maintain indoor relative humidity to below 70% if possible, e.g. through using air conditioner or dehumidifier.
- Avoid water condensation on cold surfaces from the ingress of hot humid air by reducing their temperature difference, e.g. not opening the windows immediately when switching off the air conditioner.
- Vent moisture produced to outdoors by exhaust fans, e.g. during showers or cooking.
- Fix plumbing and building leaks/seepage (e.g. around windows) promptly.
- Dry wet areas and materials promptly, and discard the materials that cannot be dried thoroughly.
- Vacuum regularly using cleaners with efficient filter, such as high efficiency particulate air (HEPA) filter.
- Clean air conditioner filters regularly.
- Use mould-resistant and easy-to-clean materials (e.g. non-porous flooring and wall-covering materials).
- Discard clutter and excess materials as storing them may encourage mould growth.

What can I do if there is mould growth?

You should clean up the moulds once they are found and fix the moisture/water problem, if any, as soon as possible. If there is mouldy smell, you should also try to locate the mould growth, including hidden areas (e.g. behind wallpapers, under carpet and walls, and behind furniture).

Following are some genital tips to clean up the moulds:

- Protect yourself from the mould and mould spores by wearing disposable mask (e.g. N-95 mask), rubber gloves and safety goggles, and wash hands immediately after the cleanup work.
- Keep sensitive individuals (such as those with asthma and allergy problem) away from the mouldy area being cleaned when necessary.
- For moulds on hard surfaces or non-porous materials, wash them with cleaning detergent and water, then dry them thoroughly.
- Biocides or disinfectants are not recommended due to its potential toxic effect on individuals.
- Prevent dust generation during cleanup, e.g. gently misting mould-damaged wallpaper with dilute soap or detergent solution prior to removal.
- For moulds on absorbent and porous materials (e.g. ceiling tiles and carpet) that cannot be cleaned, discard them in a sealed plastic bag, then clean the outside of the bag, remove it from the mouldy area, then tie it in another plastic bag for disposal.

If necessary, you may seek advice from professionals or engage a competent person for the cleanup.

For more information, please contact:

Indoor Air Quality Information Centre

Telephone: 2788 6177 Facsimile: 2788 6181

E-Mail: enquiry@iaq.gov.hk

Website: <http://www.iaq.gov.hk>