



# NewAutismPath: Mold and Mycotoxins - What Parents Should Know

Hidden moisture and mold can worsen respiratory, skin, and neurological symptoms. Small fixes can make home more comfortable and behavior calmer.

## Signs mold may be a factor

- Child feels better away from home.
- Sinus infections, asthma, nosebleeds.
- Fatigue, brain fog, headaches.
- Rashes or new food sensitivities.

## Where to look first

- Bathrooms, kitchens, laundry, basements; near plumbing/leaks.
- Windows, roof, or exterior walls after rain.
- HVAC system and filters; musty odors.

## Practical steps

- Fix leaks fast; keep humidity 40-50%.
- Use HEPA filtration and dehumidifiers.
- Consider indoor air testing if symptoms improve away from home.
- Hire qualified remediation for visible growth.

## Supportive habits

- Ventilate during/after showers and cooking.
- Hot-wash bedding weekly; encase pillows/mattress.