Mold Quiz

Can mold or mycotoxins be affecting your health? Use this quiz to help determine your roadmap forward. If you experience 5 or more of these issues, you may want to do testing for mold and mycotoxins for your body and/or environment. Clear Mold® can help!

Start [here](https://www.clearmold.com/starthere), and if you have questions, contact our Helpdesk or email us at clearmoldinfo@gmail.com

Do you experience the following:

1. Fatigue/weakness
2. General achiness/unusual onset of pain
3. Muscle cramps
4. Buzzing or tremor sensation in the body
5. Headaches
6. Numbness or tingling
7. Vision changes/light sensitivities
8. Skin/nail infections or changes/Rosacea
9. Frequent sinus issues
10. Constant cough or shortness of breath
11. Excessive thirst
12. Issues with weight
13. Anxiety and/or depression
14. Brain fog/poor memory/word recall or even seizures
15. Allergies/Asthma
16. Digestion changes
17. Night sweats
18. Restless leg
19. Bothered by fragrance, chemicals, tobacco smoke, insecticides, petroleum or EMF
20. Dizziness/Incoordination

Enviro Mold Exposure-Current or in the past

1. ​Roof/Window leaks
2. Broken/leaking water pipes
3. ​Any water stains on ceilings or walls?
4. Any rooms in your environment that smell musty?
5. ​Do you suspect that your environment has or had mold in it?
6. Is there any amount of visible mold around the shower/tub or sinks in your home?
7. Workplace, church or school with water damage or musty smell
8. Soft/uneven floors
9. Hurricane/flooding events
10. Does exposure to fragrance and cleaners cause adverse effects?

*This is not a complete list. This list is compiled from our community.*

*[[1]](#footnote-0)*

1. *This form is intended as a self evaluation aid, and is not intended to diagnose or treat disease or fully determine your environment is affected. Issues listed have been reported by mold affected individuals and practitioners. Not all symptoms have been proven in studies. v11/7/24* [↑](#footnote-ref-0)