

# Mold Quiz

Is mold affecting your health? Take the quiz to find out. A score of 5 or more can indicate a need for testing or spark you to get started on your own health journey. Clear Mold® can help!

Start [here](#), and if you have questions, contact our Helpdesk or email us at [clearmoldinfo@gmail.com](mailto:clearmoldinfo@gmail.com)

## Do you experience the following:

1. Frequent sinus issues
2. Fatigue/weakness
3. General achiness/unusual onset of pain
4. Muscle cramps
5. Buzzing or tremor sensation in the body
6. Headaches
7. Numbness or tingling
8. Vision changes/light sensitivities
9. Skin/nail infections or changes/Rosacea
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-wrinkling on window sill
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.*

---

<sup>1</sup> 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