

Mold Exposure Questionnaire

Check Those That Apply

- I have congestion
- My sinuses feel blocked
- My eyes are often red or experience blurred vision often
- I get tearing of the eyes
- I feel tired and/or weak
- I often get shortness of breath
- I often get flu-like symptoms
- I often get headaches
- I have light sensitivity
- I experience forgetfulness or difficult word finding
- I have difficulty with focus or concentration
- I have abdominal pain or bloating
- I am stiff upon waking and/or I feel inflamed often
- I have tingling and/or skin crawling sensations
- I get wild mood and/or appetite swings
- I have increased urinary frequency
- My thirst has increased
- I have a metallic taste in my mouth
- I feel lightheaded and/or dizzy often
- Musty odors bother me
- My symptoms are worse on rainy days
- I work in a poorly ventilated home or building
- I have noticed water damage or discoloration in my home or work area
- I have noticed leaks in my home
- My home has been flooded before

Over 3 Boxes Checked

If you checked 3 or more boxes, you may potentially have a mold toxicity health issue. We advise running an at-home urine-based Functional Medicine Lab Test to discover if you have hidden mold toxicity overgrowth.