



A Union of Professionals

## Mold Symptom History

Current Symptoms - History and Relationship to Home, Work, or School  
(For Patients in Which a Potential Exposure to Mold Exists)

Symptoms that maybe related to mold.	Please circle your response			
		How is it at Home?	How is it at work?	Comments
Are you troubled by:				
Wheezing or whistling in your chest?	Y N	Better Worse Same	Better Worse Same	
Waking up first thing in the morning with a feeling of tightness in your chest?	Y N	Better Worse Same	Better Worse Same	
Waking up during the night with shortness of breath?	Y N	Better Worse Same	Better Worse Same	
Shortness of breath when you are not doing anything strenuous?	Y N	Better Worse Same	Better Worse Same	
Waking up during the night by an attack of coughing?	Y N	Better Worse Same	Better Worse Same	
Chest tightness when you were in a dusty part of the house or with animals (for instance dogs, cats, or horses) or near pillows (including quilts)?	Y N	Better Worse Same	Better Worse Same	
Chills or fever?	Y N	Better Worse Same	Better Worse Same	
Aching all over?	Y N	Better Worse Same	Better Worse Same	
Runny, blocked, or stuffy nose?	Y N	Better Worse Same	Better Worse Same	
Headaches?	Y N	Better Worse Same	Better Worse Same	
Extreme or unusual lethargy and/or tiredness?	Y N	Better Worse Same	Better Worse Same	
Frequent sinus congestion?	Y N	Better Worse Same	Better Worse Same	
Frequent nose bleeds?	Y N	Better Worse Same	Better Worse Same	
Hoarseness?	Y N	Better Worse Same	Better Worse Same	
Feelings of unsteadiness when walking?	Y N	Better Worse Same	Better Worse Same	
Memory loss?	Y N	Better Worse Same	Better Worse Same	
Difficulty recalling names of people you know?	Y N	Better Worse Same	Better Worse Same	
Nausea?	Y N	Better Worse Same	Better Worse Same	
Vomiting?	Y N	Better Worse Same	Better Worse Same	
Diarrhea?	Y N	Better Worse Same	Better Worse Same	
Skin conditions?	Y N	Better Worse Same	Better Worse Same	

Adapted from University of Connecticut Health Center, **Guidance for Clinicians on the Recognition and Management of Health Effects Related to Mold Exposure and Moisture**

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