

# Invisible Bug Biting Sensation (a skin reaction to mold spores)

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Off and on for over 25 years I suffered with an invisible biting bug sensation on my skin. I did a lot of research online to try and figure out what was causing it, and over time I learned a lot.

The medical description of what I experienced is [Formication](#).

*“The main symptom of formication is the sensation of bugs crawling on your skin. This feeling also causes you to feel itchy and can be caused by some illnesses or allergies. In some cases, an antihistamine, such as cetirizine (Zyrtec) or diphenhydramine (Benadryl) may help reduce the crawling sensations.”*

Zyrtec and Benadryl were helpful in relieving my symptoms, which led me to think that perhaps the formication was caused by an allergy.

Reading [Debra’s story](#) gave me hope that there was an explanation, and it caused me to consider that a mold allergy might be causing my formication. I am very grateful that Debra related her experiences (in many ways like mine), and made the information available online.

My first step was to test for mold in my house and yard with [Mold Armor](#) kits, purchased from my local hardware store. The kits indeed showed that I had some mold all through my house, and large amounts in my yard, especially the garden.

My next step was to go to the doctor and have allergy testing done. It turns out that while there are many types of molds, I had only a strong allergic reaction to one: Alternaria. Then I sent more mold kits into Mold Armor for testing. Results back from Mold Armor showed that I had quite a bit of Alternaria mold in my home and yard.

Now that I had a possible explanation, mold mitigation became my goal. I found [Mold Relief](#) to have good suggestions for removing mold from my home.

I removed some old carpet, and that helped quite a bit. I found that keeping the humidity level below 40% in the house helped too. I bought some small digital temperature/humidity gauges that I use to monitor around the home. I am lucky to live in a dry climate. In the winter, running the furnace with an allergen filter keeps humidity low enough that I don’t have many problems. In the summer I run a dehumidifier as necessary to keeps levels low. I no longer bring in air from outside with fans, I rely on the furnace and air conditioner instead. I change anti-allergenic (Home Depot FPR7) furnace filters every 3 months. I use small portable fans with HEPA filters to clean air as needed.

After removing most of the mold from my home and keeping humidity levels low, I hardly have any issues at all now. But I remember the actions that helped me most while figuring out what was causing my formication.

When symptoms were bad, a hot bath would stop the formication for a bit. Clean clothes and clean bedding helped too, but if there are a lot of mold spores in the air, that’s only a temporary fix. A hot bath, clean clothes, then getting away from the mold in the house helped. I found Benadryl and Zyrtec (or generic equivalents) decreased my symptoms, but medicines did not totally stop the formication. Bringing mold levels down to a tolerable level has been the only permanent fix for me.

I am posting my story on the web in case it is of help to anyone else struggling with formication.