

CONTROL THE SOURCE



ANSWER SHEET

Activity	Remove	Ventilate	Explanation
Cooking		✓	Cooking is an important activity that happens in most homes on most days, so the best way to reduce risk is to use ventilation during cooking and for 10 minutes afterwards.
Spraying perfume or deodorant	✓	✓	If possible, you should use non-spray alternatives. If that is not possible, then use ventilation during and afterwards
Spray air freshener	✓		Despite the name, air freshener does not clean the air, it adds different chemicals into the air. These chemicals might smell nice but that doesn't mean they are good for your lungs.
Someone else smoking	✓		Smoking inside causes secondary exposure when someone other than the person smoking breathes in the smoke.
Burning food	✓		Burning food can be a source of particles so it is best to avoid burning food where possible. It might also set off your smoke alarm.
Burning candles or incense	✓		Burning candles and incense, especially if they are scented, can increase the levels of VOCs indoors, so is best avoided if possible. Where it is not possible you should use extra ventilation.
Drying clothes inside	✓	✓	If you have the option to dry laundry outside, it is better to do so. If you don't have the choice, then using extra ventilation such as drying clothes next to an open window can help to keep the humidity down inside.
Showering or bathing		✓	Showering or having a bath is important for keeping clean. People can't stop this activity, so instead ventilation is important to get rid of excess moisture, this is why many bathrooms have an extractor fan fitted.
New furniture	✓	✓	New furniture can release formaldehyde and VOCs into the air. If you need to buy furniture new, it is important to increase the ventilation rate to reduce the build-up of chemicals indoors.
Repainting walls	✓	✓	Have you ever been in a freshly painted room? If you have you might recognise the new paint smell. Household paints are a source of VOCs but you can buy paints labelled as low VOC and it is best to use these if possible.

About this worksheet: In the RCPCH RCP 2020 publication *The Inside Story: Health effects of indoor air quality on children and young people*, on page 15, #TeamCleanAir&Us said: "Children and young people want clear, factual and accessible information about what the potential harm is from poor indoor air quality and what we (children, young people, parents and carers) can do to avoid or reduce indoor air pollutants". Many of the Indoor Air Quality Working Party members were contributing authors to this publication and have produced these worksheets as a first step towards addressing this request from children and young people.

