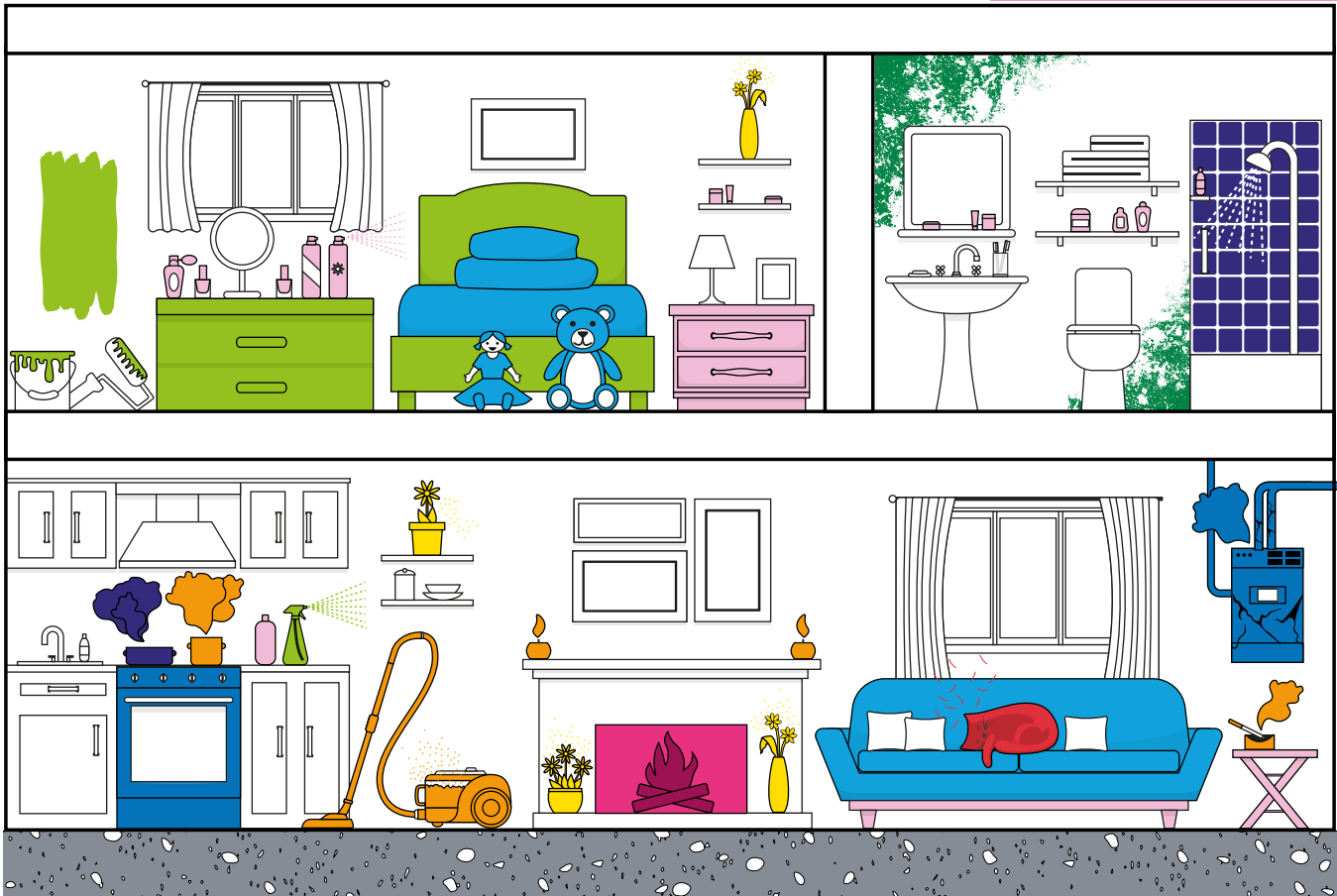


WHAT IS IN DIRTY AIR?

ANSWER SHEET



PM _{2.5}	Indoor sources include cooking, smoking and burning anything such as candles or incense. Particles can also settle on surfaces and be released back into the air during activities such as vacuuming. Outdoor sources include car exhausts.
Volatile Organic Compounds (VOCs)	Common sources of VOCs include building materials, furniture (wood preservatives), household consumer products including cleaning products, cosmetics such as hairspray and nail varnish, air fresheners, fragranced products.
Formaldehyde	Key sources are building materials, DIY paints, cleaning products, furniture, flooring and carpets.
Carbon dioxide (CO ₂)	Indoor sources include human activities and burning wood, coal or gas. Outdoor sources include burning fossil fuels and industrial processes such as cement production.
Carbon monoxide (CO)	Damaged or faulty gas appliances such as boilers or stoves.
Nitrogen dioxide (NO ₂)	Indoor sources of nitrogen dioxide include burning gas, oil, paraffin, wood or coal in stoves, ovens, heaters and fireplaces, especially if these are poorly maintained.
Pollen	Outdoor or indoor plants.
Humidity	Boiling water, cooking, showering
House dust mites	House dust mites are found in bedding, carpets, mattresses, clothing, and soft furnishings such as sofas and soft toys.
Moulds/fungi	Mould is most commonly found in damp areas of the home such as bathrooms, but mould can grow anywhere in the home.
Pet hair and dander	Animals including pets and pests, and places the animals have been, such as on carpets, on furniture, in dust and in the air.
Radon	Outdoors radon appears naturally in some areas of the UK in soil, rocks and water. It enters a building through the ground.

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.