

# WHAT CAN YOU DO?

Now you have learnt a bit about indoor air quality, you can take action by sharing with others what you've discovered. Use this space to create a poster. Select which type of poster you are going to make:



## Tip for clean air at home

Pick one message, fact or change you have found that you think would improve the air in your home. Create a poster to remind people in your home to make this change.

## A room with clean air

Design a room with clean air. Firstly, pick a room type such as a kitchen, a bathroom, a bedroom – you can always look back at the 'Building Bunting' worksheet for inspiration. Once you've decided which room you are focusing on, create a drawing in the space below to show what makes that type of room have clean air.

**You can use whatever you want to create your tip or room design. Instead of drawing a poster you could create a model or design the poster electronically on a tablet or electronic device (ask a parent or teacher first before using).**

There is space below and on the back of this sheet for you to make or plan your design.



**The Indoor Air Quality scientists would love to see your designs. You can ask your teacher or parent to submit a photo, video or image of your design to [info@theinsidestory.health](mailto:info@theinsidestory.health)**

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**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.

# Indoor Air Quality Working Party Cleaner Air at Home Competition

All submissions must reach us by the 30th September.



Pick one message, fact or change you have found that you think would improve the air in your home. Create a poster to remind people in your home to make this change.

- Submissions should be in an electronic image format. Your parent or teacher can submit your design by completing the competition form on the website [www.theinsidestory.health/competition](http://www.theinsidestory.health/competition)
- All entries meeting the criteria will be included in our online gallery of entries which will be published on Clean Air Day, 8th October 2020.
- The entries will be judged by a panel of indoor air quality health and built environment scientists.
- Winning entries will be developed by our designers and indoor air scientists to form part of an information campaign for Clean Air Day in October.

## PRIZES

With thanks to the generosity of King's Health Partners, the following prizes are available:

- Children with **highly commended designs** will receive a certificate and an 'I'm an indoor air quality scientist' pack.
- **Winning designs** will receive an Amazon voucher, an Indoor Air Quality Monitor for their class to keep, and "I'm an indoor air quality scientist" packs for their entire class.
- If you have any questions about the competition, please ask a parent or teacher to take a look at our website. If they need to contact us, they can do so by emailing [info@theinsidestory.health](mailto:info@theinsidestory.health)

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