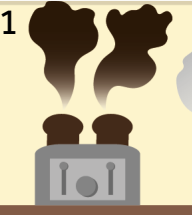








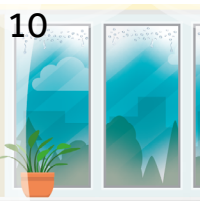


SPOT THE SIGNS



ANSWER SHEET

<p>1</p> 	<p>Burning food can be a source of particles and so you should avoid burning food if possible.</p>	<p>6</p> 	<p>Personal care products can also release chemicals (VOCs) and particles into the air. If possible, use non-spray options, or use ventilation at the same time.</p>
<p>2</p> 	<p>Soft furnishings such as rugs and carpets can collect dust, this can be released back into the air and can trigger allergies in some people.</p>	<p>7</p> 	<p>Vacuuming is one of the easiest ways to clear dust, which is especially important for people with asthma. However, if it isn't emptied regularly and kept in good condition, a vacuum cleaner can release dust and particles back into the air.</p>
<p>3</p> 	<p>If you have one it is best to use the cooker hood during cooking to extract any pollutants to outside. Putting lids on pans also reduces the amount of steam, which would help keep the humidity down.</p>	<p>8</p> 	<p>Mould is more likely to form in cold damp environments. Cleaning off visible mould can help, if you have persistent mould in rented housing you can contact your landlord or environmental health department.</p>
<p>4</p> 	<p>Pet hair and dander can trigger allergies for some people.</p>	<p>9</p> 	<p>Drying clothes inside releases water vapour into the air, which can cause damp.</p>
<p>5</p> 	<p>Cleaning products are a source of VOCs (chemicals). It can help to use one multi-purpose cleaner for everything to reduce the number of different chemicals in the air.</p>	<p>10</p> 	<p>The window is closed. Opening windows is a simple way to improve indoor air by letting outside air in, if the outside air isn't polluted.</p>

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.