

What can we do to keep the air in the classroom clean?

Answer A Open windows to allow air flow

Answer B Turn on the air purifier

Answer C Avoid using sprays such as deodorant, hairspray, or spray paint

Answer D All of the above

Right answer D

Mitigation Cards



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If your classroom is near a busy road, what is the best way to clean the air in your classroom?

Answer A Air purifier

Answer B Air freshner spray

Answer C Candles

Answer D Open the window

Right answer A

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The windows have been closed all day and the classroom is feeling stuffy. How should you change this?

Answer A Turn on the air purifier

Answer B Open the window

Answer C Ignore it

Answer D Light a candle

Right answer B

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It is spring and there is a lot of pollen in the air in the classroom. What is the best way to remove this?

Answer A Keep the window open

Answer B Keep more plants in the classroom

Answer C Use the air purifier

Answer D Wear a face mask

Right answer C

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Which pollutant is easiest for the air purifier to remove?

Answer A Pollen

Answer B Dust

Answer C Bacteria

Answer D It depends on the size of the pollutant

Right answer D

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What should you do to prevent a cold from spreading around your classroom?

Answer A Cover your mouth when you cough or sneeze

Answer B Share water bottles

Answer C Hug everyone who will let you

Answer D Eat lots of onion

Right answer A

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Which of the following activities contributes to indoor air pollution in our homes?

Answer A Using scented candles and air fresheners

Answer B Regularly ventilating rooms

Answer C Playing outdoor games

Answer D Watering indoor plants

Right answer A

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How can you help reduce indoor air pollution caused by moisture and mold growth?

Answer A Keep the bathroom exhaust fan turned off during showers

Answer B Fix any leaks or water damage promptly

Answer C Use humidifiers to add more moisture to the air

Answer D Keep windows closed to prevent moisture from escaping

Right answer B

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How does planting trees contribute to better air quality?

Answer A Trees release harmful gases into the atmosphere

Answer B Trees reduce the oxygen levels in the air

Answer C Trees absorb carbon dioxide and produce oxygen

Answer D Trees increase water pollution

Right answer C

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Which of the following can help protect your lungs from outdoor air pollution when riding a bicycle or scooter?

Answer A Wearing a bicycle helmet

Answer B Riding near heavy traffic to reach your destination faster

Answer C Wearing a mask designed to filter out pollutants

Answer D Riding during rush hour when more people are on the streets

Right answer C

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What can we do to reduce air pollution caused by vehicles?

Answer A Encourage the use of public transportation and carpooling

Answer B Drive alone in a car for short distances

Answer C Use diesel-powered vehicles

Answer D Keep the engine running when parked to stay cool

Right answer A

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How can indoor plants help improve indoor air quality?

Answer A Indoor plants release harmful gases into the air

Answer B Indoor plants can attract pests and insects

Answer C Indoor plants absorb some air pollutants and produce oxygen

Answer D Indoor plants increase the need for air conditioning

Right answer C

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How does carpooling with friends help improve air quality?

Answer A It reduces the number of friends you can hang out with

Answer B It saves money on gas

Answer C It decreases the number of cars on the road, reducing emissions

Answer D Carpooling is not effective in improving air quality

Right answer C

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How can you help reduce air pollution during a festival or celebration that involves fireworks?

Answer A Use as many fireworks as possible to make the event more enjoyable

Answer B Set off fireworks close to people's homes to share the excitement

Answer C Choose eco-friendly fireworks that produce less smoke and pollutants or drones with lights

Answer D Fireworks do not contribute to air pollution

Right answer C

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Which of the following actions can help improve indoor air quality at home during the summer?

Answer A Opening windows during the day to let fresh air in

Answer B Burning scented candles to create a pleasant smell

Answer C Using a humidifier to increase moisture levels

Answer D Keeping windows closed all day to block outdoor pollutants

Right answer A

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How does regular cleaning contribute to better indoor air quality?

Answer A Cleaning introduces more dust and allergens into the air

Answer B Cleaning products release harmful chemicals into the air

Answer C Cleaning removes dust and allergens, leading to cleaner air

Answer D Cleaning has no effect on indoor air quality

Right answer C

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Which of the following can help improve indoor air quality when someone is sick and coughing frequently?

Answer A Using a fan to circulate air around the room

Answer B Keeping the windows closed to keep the room warm

Answer C Using an air purifier to filter out germs and particles

Answer D Using scented candles to create a pleasant smell

Right answer C

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How can keeping indoor humidity levels in the ideal range benefit indoor air quality?

Answer A High humidity levels prevent the growth of mold and bacteria

Answer B Low humidity levels help to reduce dust in the air

Answer C Proper humidity levels make the air feel warmer

Answer D Maintaining ideal humidity levels can prevent respiratory issues

Right answer D

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What is one way to reduce exposure to allergens and dust mites in the bedroom?

Answer A Keeping the windows open at all times

Answer B Using allergen-proof mattress and pillow covers

Answer C Placing indoor plants in the bedroom

Answer D Using strong-scented air fresheners

Right answer B

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How can you help reduce indoor air pollution caused by smoking at home?

Answer A Smoke in the living room to keep the rest of the house smoke-free

Answer B Encourage family members to smoke indoors to stay warm

Answer C Ask smokers to smoke outside the house

Answer D Use air fresheners to mask the smell of smoke

Right answer C

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Which of the following actions can help reduce indoor air pollution from cooking?

Answer A Cooking without using the exhaust fan or hood

Answer B Cooking with a gas stove

Answer C Using the oven and stove at the same time for faster cooking

Answer D Using the exhaust fan or hood with a filter while cooking

Right answer D

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How can you help prevent indoor air pollution from tobacco smoke in your home?

Answer A Smoking indoors with the windows closed

Answer B Asking family members to smoke in the kitchen

Answer C Using air purifiers in the smoking areas

Answer D Encouraging family members to quit smoking

Right answer D

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Which of the following indoor plants can help improve indoor air quality by removing toxins?

Answer A Cactus

Answer B Snake Plant (Sansevieria)

Answer C Sunflower

Answer D Tulip

Right answer B

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What is the purpose of using air purifiers in indoor spaces?

Answer A To remove oxygen from the air

Answer B To add fragrance to the air

Answer C To filter out pollutants and improve air quality

Answer D To cool down the temperature indoors

Right answer C

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How does proper ventilation contribute to better indoor air quality?

Answer A It helps keep the air warmer during cold weather

Answer B It allows outdoor air pollution to enter the indoor space

Answer C It reduces the concentration of indoor air pollutants

Answer D It increases the humidity levels indoors

Right answer C

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What should you do if you notice mold growing in your bedroom?

Answer A Ignore it, as mold is harmless.

Answer B Keep the windows closed to prevent mold spores from spreading

Answer C Clean the mold using bleach and water

Answer D Inform an adult or guardian immediately

Right answer D

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Which of the following can help reduce indoor air pollution from new furnishing?

Answer A Close the windows

Answer B Using cleaning products

Answer C Using air fresheners with strong fragrances

Answer D Properly ventilating new furniture and construction materials

Right answer D

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Which of the following should be regularly cleaned or replaced to improve indoor air quality?

Answer A Air purifiers and exhaust fans

Answer B Carpets and rugs

Answer C Indoor plants and curtains

Answer D Windows and doors

Right answer B

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Which of the following activities can help maintain good indoor air quality during the winter months?

Answer A Keeping windows open all the time to let fresh air in

Answer B Using a space heater without proper ventilation

Answer C Wearing warm clothing indoors to avoid using the heater

Answer D Using a humidifier to add moisture to the air

Right answer D

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How does keeping pets clean and groomed contribute to better indoor air quality?

Answer A Grooming pets can release more allergens into the air

Answer B Clean and groomed pets shed less fur and dander

Answer C Pet fur and dander have no impact on indoor air quality

Answer D Regular pet grooming helps purify the air

Right answer B

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