

Quiz – Indoor air quality

The correct answers are on the next page.

1. What gas do we breathe out more than we breathe in?
 - a. Oxygen
 - b. Nitrogen
 - c. Carbon dioxide
 - d. Helium

2. What can high levels of carbon dioxide in a room cause?
 - a. Headaches
 - b. Itchiness
 - c. Coughing
 - d. Sore throat

3. Where does water vapour in the air come from?
 - a. Wet clothes
 - b. Breathing & cooking
 - c. It's always there
 - d. All of the above

4. What is humidity?
 - a. How hot it is inside
 - b. The amount of water vapour in the air
 - c. How much CO₂ there is inside
 - d. The amount of oxygen in the air

5. What can low levels of humidity cause?
 - a. Dry skin & itchiness
 - b. Headaches
 - c. Sore throat
 - d. Coughing

6. True or False: High levels of CO₂ together with particles and high humidity can trigger asthma attacks.
 - a. True
 - b. False

7. When indoor humidity is _____ enough for _____ enough mould can start to grow.
 - a. Low, long
 - b. High, short
 - c. High, long
 - d. Low, short

8. Why is ventilation important?
- a. It allows water vapour to escape
 - b. It lowers CO₂ levels indoor
 - c. It allows us to reset indoor air quality
 - d. All of the above

Correct answers

- 1. c - Carbon dioxide
- 2. a - Headaches
- 3. d - All of the above
- 4. b - The amount of water vapour in the air
- 5. a - Dry skin & itchiness
- 6. a - True
- 7. c - High, long
- 8. d - All of the above