Name:

Indoor air quality and ventilation

We spend a lot of time indoors, so it is important that indoor air quality is good.

The amount of water vapour in the air is measured as **humidity**.

The humidity indoors is usually different than outdoors. Breathing, cooking and washing are some of the ways that can increase indoor humidity. When indoor humidity is high enough for long enough, it can start to smell musty and mould can grow easily. Low humidity can also be a problem as it can dry out your skin and make you feel itchy.

When we breathe, we also produce **Carbon Dioxide (CO2)** gas. Cooking and some types of heaters also produce If CO2 levels get too high, people can start to feel -dizzy or sleepy. CO2 can also trigger attacks for people with asthma.

If humidity and CO2 levels get too high or low, the easiest way to reset the air in a room by simply opening a window. This is known as ventilation.

Key Points to Take Away

- Humidity is the measurement of water vapour

- Indoor humidity shouldn't get too high or too low

- Indoor CO2 levels shouldn't get too high

- Ventilating rooms is important to reset indoor air quality

1. Why is it important that indoor air quality is good?

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2. What does humidity measure?

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3. What causes mould to grow?

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4. What are the problems with low humidity?

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5. What produces carbon dioxide (CO_2)?

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6. What happens if CO_2 levels get too high?

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7. How can we create ventilation?

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8. Why is ventilation important?

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