Environmental Medicine - Class 2 - Air

1. You spend most of your day inside your home or school. Why does this matter for air quality?
A. Outdoor air is always more important than indoor air
B. Indoor air is your main exposure because you spend most time there
C. Air only matters when you are outside
D. Indoor air has no pollutants
(Answer: B)

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2. A student says, “Air is just oxygen.” What is the BEST response?
A. Air is only oxygen and nothing else
B. Air is mostly water vapor
C. Air is a mixture of gases, particles, and chemicals
D. Air is only carbon dioxide
(Answer: C)

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3. A bedroom door is closed overnight in a tightly sealed home. By morning, the person feels tired and has a headache. What is the MOST likely cause?
A. Too much oxygen built up
B. Not enough nitrogen
C. Too much humidity
D. Carbon dioxide built up due to poor airflow
(Answer: D)

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4. Which activity is MOST likely to increase particles in the air quickly?
A. Cooking on a stove at high heat
B. Sitting quietly and reading
C. Sleeping with the lights off
D. Drinking water
(Answer: A)

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5. A home has very dry air (low humidity) during winter. What is MOST likely to happen?
A. Air becomes cleaner automatically
B. Germs may stay in the air longer
C. Mold grows faster
D. Oxygen levels drop
(Answer: B)

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6. Which statement about HEPA filters is TRUE?
A. They remove all gases and chemicals
B. They only work outdoors
C. They remove small particles like dust and pollen
D. They increase pollution in the air
(Answer: C)

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7. A room smells strongly like new furniture. What is the MOST likely source?
A. Carbon dioxide
B. Volatile chemicals (VOCs) released from materials
C. Oxygen buildup
D. Water vapor
(Answer: B)

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8. A crowded classroom has poor ventilation. What is MOST likely to happen over time?
A. Air becomes fresher
B. CO_2 levels decrease
C. Oxygen increases
D. Air becomes stale and harder to focus
(Answer: D)

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9. Which situation BEST shows that humans affect indoor air?
A. A tree releasing oxygen outside
B. A fan moving air around
C. People breathing and releasing gases into a room
D. Rain falling outside
(Answer: C)

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10. Why is moderate humidity (around 40–60%) helpful?
A. It completely removes all pollutants
B. It prevents all air movement
C. It makes air colder
D. It helps reduce how long germs stay in the air
(Answer: D)

Home Activity Key

Activity 1 – Spot the Higher Risk Scenario

Instructions:
For each pair, circle which situation has the higher air quality risk.

1. Bedroom door closed overnight vs bedroom door open with airflow
2. Cooking on a gas stove with no fan vs cooking with a vent hood on
3. Home at 45% vs Home with humidity at 20%
4. New furniture in a sealed room vs older furniture in a ventilated room
5. Classroom with active ventilation vs Crowded classroom with windows closed
6. Running a HEPA filter only vs HEPA + carbon filter
7. Occasional use in a large ventilated space vs Burning candles daily in a small room
8. Home with a clean HVAC filter vs home with a clogged filter

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Activity 2 – Match the Situation to the Best Air Strategy

Instructions:
Match each situation with the BEST action.