

# Indoor Air Quality

General Studies  
Primary School P.4-P.6



# Primary 4-6

## ✧ What is indoor air quality?

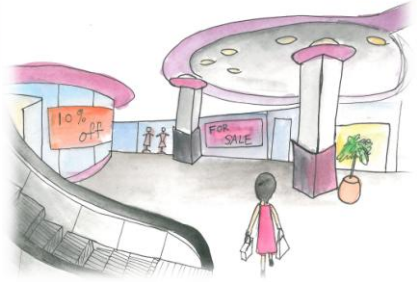
1. Look at the pictures below. How many hours do you spend in the following environment in a day? Please fill in “( )”.



Home ( )



School ( )



Shopping mall ( )



Supermarket ( )



Park ( )

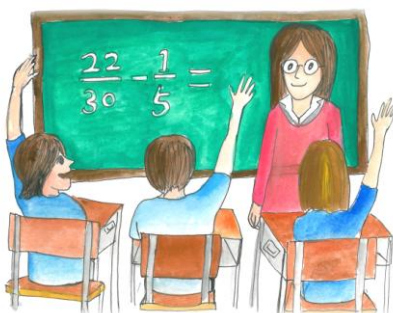


Sports ground ( )

- 2 · **[Think]:** As your answers above, do you spend more time indoors or outdoors?

## ✧ Why is the indoor air quality so important?

1. Look at the pictures below, which will happen in the places with good indoor air quality and which will happen in the places with poor indoor air quality? Please fill in “Good” or “Poor” in the blanks.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

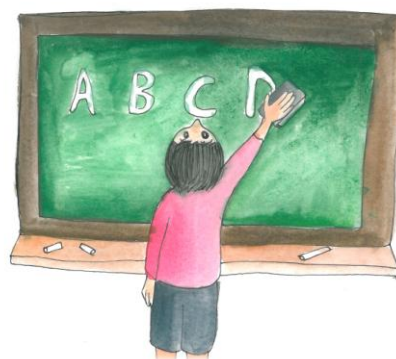
2 · What are the impacts of poor indoor air quality?

✧ **The main behaviour affecting indoor air quality**

Watch the video. Say whether the behaviour in the pictures (1) to (4) shown below will potentially affect indoor air quality or not.



(1) Opening windows



(2) Cleaning the blackboard with a brush



(3) Cooking with all windows closed



(4) Smoking in public indoor places

✧ **How to improve indoor air quality**

Please read (A) to (C) shown below and match with the above behaviour (2) to (4) for the potential solutions.

- A. Do not smoke;
- B. Use dust-free chalk or whiteboards;
- C. Maintain good ventilation when cooking;

(2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_

✧ **Summary:**

**1. Indoor air quality---closely related to our daily life:**

- People breathe all the time. The cleanliness of the air we breathe in is very important to our health;
- We spend over 70% of our time indoors, i.e. school, home, offices, shopping arcades, etc.;
- Poor indoor air quality can lead to discomfort, illnesses (e.g. headache, itchy eyes, respiratory difficulties, skin irritation, nausea and fatigue);
- Children, the elderly and those with existing respiratory or heart disease are more susceptible to the effects of indoor air pollution.

**2. Improve indoor air quality---you can do it:**

- Maintain adequate air ventilation.
- Dispose of perished food products properly.
- Help to clean and wash fabric materials frequently to avoid accumulation of dust and dust mites.
- Remind father/mother to switch on range hood and/or exhaust fan when cooking, clean them regularly.