



## Clean Air Day Quiz

### How much do you know about air pollution in the UK?

Clean Air Day is about improving knowledge and reducing air pollution. Take this quiz to see how much you already know!

1. When we talk about air pollution, what counts as "pollution"?
  - a. Only gases and particles we can see, like smoke or steam
  - b. Only gases and particles in the air outside, nothing indoors
  - c. Any gases and particles in the air that can have harmful effects
  - d. Any gases and particles that we can smell, like car exhaust or hot food
2. Which one of these is true about the sources of air pollution?
  - a. Air pollution can only come from burning things
  - b. Air pollution can come from man-made or natural sources
  - c. Air pollution only comes from toxic chemicals
  - d. Air pollution only comes from big cities with large populations
3. Is air pollution harmful to our health?
  - a. Yes, it can cause lots of health problems including heart and lung disease
  - b. Yes, but it only causes temporary sore throats and coughing
  - c. No, it's only harmful to birds and insects
  - d. No, it all gets filtered out in our nose
4. Which of these is not a symptom of short-term exposure to air pollution?
  - a. Having sore or itchy eyes
  - b. Coughing and/or a sore, dry throat
  - c. Wheezing and shortness of breath
  - d. Having sore, aching muscles
5. Which of these is false about indoor air pollution?
  - a. Indoor air pollution exists, just like outdoor air pollution
  - b. Indoor air pollution is rarely harmful to our health
  - c. Indoor air pollution can build up with poor ventilation
  - d. Indoor air pollution can come from surprising sources, like cooking and cleaning



6. Does turning off an idling engine make any difference to air pollution?
  - a. No, idling the engine makes no difference to air pollution
  - b. Yes, turning off the engine instead of idling can reduce air pollution
  - c. Idling the engine protects me from air pollution
  
7. Who is affected by air pollution?
  - a. Air pollution only affects the very young or people who are already ill.
  - b. Only people who work in the city centre, where there is lots of traffic, are affected by air pollution.
  - c. Everyone can be affected by air pollution, but it has the most impact on young children, the elderly and people with existing lung or heart conditions
  
8. Which of these actions helps to reduce your exposure to outdoor air pollution?
  - a. Burning your garden waste on a bonfire
  - b. Taking the car on a busy one-mile commute instead of walking
  - c. Running your car engine (idling) when stopped and waiting for someone
  - d. Walking along side streets instead of busy roads
  
9. In 2018, what effect did the street closures for the London Marathon have on air pollution levels on the marathon route?
  - a. There was an 89% drop in air pollution as the streets were closed to traffic
  - b. There was an 18% drop in air pollution as the streets were closed to traffic
  - c. There was an 18% increase in air pollution as the streets were closed to traffic
  - d. There was an 89% increase in air pollution as the streets were closed to traffic
  
10. Which of these is a good way to reduce your air pollution footprint?
  - a. Walking on the left side of the pavement
  - b. Turning off lights and electric appliances when they aren't in use
  - c. Tipping your bartender after ordering a complicated drink
  - d. Tossing paper in the rubbish if the recycling bin is farther away

To get involved in Clean Air Day and learn more about the part you can play visit [cleanairday.org.uk](https://cleanairday.org.uk) or search #CleanAirDay. Due covid-19, please ensure that any activities you undertake meet with your government's guidelines.



## Clean Air Day Quiz: Answers

1. c

2. b

3. a

4. d

5. b

6. b

7. c

8. d

9. a

10. b

