Indoor Air Pollution: Detecting Illness, Educating Patients

Part II Post-test

Instructions: Print this post-test and circle the letter corresponding to the best answer for each question. You must answer at least 7 of the 10 questions correctly in order to earn credit for this chapter. Upon completion of the post-test, complete the CME Certificate Request (see link at bottom of page).

1. Which of the following is the most effective solution for most indoor air pollution problems?
   a. Ventilation improvements
   b. Source control
   c. Indoor vegetation, especially trees (i.e., ficus trees)
   d. Air cleaners

2. Combustion pollutants are:
   a. Chemicals that risk spontaneous combustion when stored in tightly sealed containers for long periods of time
   b. Gases or particles from burning materials used to fuel household appliances
   c. Gases found in products ranging from paints and coatings to underarm deodorant, cleaning fluids, and dry-cleaning chemicals
   d. Of particular concern as there is no way to test for them and symptoms of exposure may not appear until after prolonged exposure

3. Which of the following is not a source of carbon monoxide contamination?
   a. Environmental Tobacco Smoke (ETS)
   b. Pressed wood building materials
   c. Automobile exhaust
   d. A gas clothes dryer

4. Formaldehyde is an example of:
   a. A combustion pollutant
   b. A Volatile Organic Compound (VOC)
   c. A gas widely used in the manufacturing of building materials
   d. B and C are correct

5. Radon is harmful to humans because it:
   a. Interferes with the delivery of oxygen throughout the body
   b. Attacks the central nervous system, particularly causing developmental problems in children
   c. Causes cancer
   d. Is contained in many very commonly used household products, but symptoms may not appear until after years of exposure
6. Which of the following can harm virtually every system in the human body, often with no visible symptoms of elevated blood levels?
   a. Carbon monoxide
   b. Lead
   c. Radon
   d. Nitrogen Dioxide

7. Asbestos
   a. Is a mineral fiber that has been used commonly in building materials as insulation and as a fire retardant
   b. Causes lung cancer
   c. Is not dangerous unless disturbed, causing fibers to be released into the air
   d. All of the above

8. Which of the following is not sound advice for your patients about carbon monoxide?
   a. Always use proper fuels and manufacturer instructions
   b. Only buy products certified to meet safety standards (i.e., by United Laboratories (UL) or American Gas Association (AGA)
   c. If carbon monoxide detectors are installed and working properly, it is safe to schedule fuel-fired appliance inspections less than annually
   d. Do not burn painted or treated wood in fireplace or woodburning stove

9. Which of the following is not sound advice for your patients about formaldehyde?
   a. Do not use exterior-grade products indoors, as they emit more formaldehyde
   b. Use dehumidifiers and air conditioning to maintain moderate temperature and humidity
   c. Coat pressed woods with polyurethane or other sealant that does not contain formaldehyde
   d. Ask carpet retailer to unroll and air out carpet before installation

10. Which of the following is not true about Radon?
    a. It comes from the natural (radioactive) breakdown of uranium in soil, rock, and water
    b. It can be absorbed through the skin
    c. Testing is the only way to determine if concentration in the air is high
    d. It causes cancer

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**Obtaining Credit**

In order to receive CME credit, you must submit a hard copy of this post-test and the CME Request form. You may submit a single CME Request form for both parts, if viewed.