



Biological pollutants and indoor sources

DON'T



Don't leave the windows open when plants are flowering if a lot of pollen comes inside the classroom



Don't wear the same clothes at home and at school if you have a pet at home



Never leave food or waste lying about in the classroom

DO



Always use a disposable tissue to cover your mouth when sneezing and coughing



Frequently give your hands a thorough wash with mild soap, and always wash your hands before eating



Ask adults not to smoke inside and tell them the risks to your health if they smoke near you

