

What is Indoor Air Quality?

Protect Your Family and Yourself



Indoor air quality refers to characteristics of the air in buildings and structures that can impact the health, comfort, performance and productivity of the people inside.

Why is IAQ Important?

- On average people spend 90 percent of their time indoors.
- Indoor levels of some pollutants are often several times higher than what they are outdoors.
- Poor IAQ is an environmental risk factor that can worsen health outcomes, decrease productivity and increase building maintenance expenses and other building-related costs.

What are some of the common sources or factors that can impact indoor air?



Occupants and their behaviors and activities



Consumer products, building materials and furnishings



Soil gases (e.g., radon)



Temperature, moisture and humidity



Maintaining building systems (e.g., plumbing, heating, ventilation, air conditioning)



Outdoor air



Building characteristics (e.g., size, age, design)

What are best practices for improving and maintaining IAQ?



Source Control

Eliminate or reduce sources of indoor pollution.



Improved Ventilation

Bring in fresh air to dilute indoor pollutants and exhaust them to the outdoors.



Filtration and Air Cleaning

Use filtration and supplemental air cleaning to help remove pollutants from the air.



Scan the QR code for a digital version.



Scan the QR code to learn more.



Indoor Air Quality (IAQ)

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