



Indoor Air Quality (IAQ)

Did You Know...

We spend about 90% of our time indoors? Indoor Air Quality impacts everyone, including those who may be more vulnerable - children, the elderly, and people with health conditions like asthma and heart disease. Learn how **source control, ventilation and filtration** <<https://epa.gov/indoor-air-quality-iaq/improving-indoor-air-quality>> can reduce exposure to indoor pollutants and improve indoor air quality.



Learn About IAQ

Learn about indoor air quality and ways to improve it where we live, learn, work and play.

Learn about IAQ

<https://epa.gov/indoor-air-quality-iaq/learn-about-indoor-air-quality>



IAQ by Building Type

Learn about indoor air quality in different building types.

Learn about IAQ by building type

<https://epa.gov/indoor-air-quality-iaq/indoor-air-quality-building-type>



Indoor Pollutants and Sources

What's in your indoor air? Learn about indoor air pollutants and sources.

Learn about indoor pollutants and sources

<https://epa.gov/indoor-air-quality-iaq/indoor-pollutants-and-sources>



IAQ Science and Technologies

Learn about indoor air science and technologies used to help improve indoor air quality.

Learn about IAQ science and technologies

<https://epa.gov/indoor-air-quality-iaq/indoor-air-quality-iaq/science-and-technologies>



Networking and Funding

Discover indoor air quality networking and funding opportunities.

Find networking and funding opportunities

<https://epa.gov/indoor-air-quality-iaq/indoor-air-quality-networking-and-funding-opportunities>



Upcoming Events and Resources

Find a calendar of events, links to Indoor air-related webinars and helpful resources.

Find events, webinars and resources

<https://epa.gov/indoor-air-quality-iaq/webinars-meetings-and-resources>



IAQ Topics in the Spotlight

See trending IAQ topics and get the information you need to improve your indoor air quality.

<https://epa.gov/indoor-air-quality-iaq/indoor-air-quality-topics-spotlight>



Publications about IAQ

Find IAQ-related publications, factsheets, and infographics

<https://epa.gov/indoor-air-quality-iaq/publications-about-indoor-air-quality>

Contact Us about Indoor Air Quality <<https://epa.gov/indoor-air-quality-iaq/forms/contact-us-about-indoor-air-quality>> to ask a question, provide feedback, or report a problem.

Last updated on May 6, 2026