

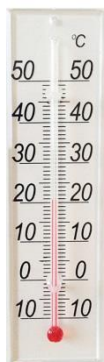
## About the indoor environment in your home

*Do you have problems with the indoor environment in your home? Perhaps it's too cold, or the ventilation is poor, or there may be damp and mould, noise, pests or radon. If so, you should, in the first instance, contact your landlord or housing association.*

*If you don't get help, or if the problem remains, you can contact us at the Environment Department. You can also turn to us if you have any questions.*

*Here is some information about what your indoor environment should be like, and about what you can do as a resident.*

### Air temperature



You should be able to keep a temperature of at least 20° C in your home.

#### **This is what you can do:**

- Keep a thermometer indoors so that you can see if your home is too cold.

*With a thermometer, you can check if your home is warm enough.*

#### **This is what you can do:**

- Keep inlet ventilators and inlet air diffusers open so that fresh air can come in to your home.
- Keep outlet air diffusers and the kitchen fan filter clean, so that outtake air flow doesn't deteriorate.
- Keep your home clean. By reducing the amount of dust, you contribute to good air quality. You may want to use environmentally friendly cleaning products.

### Water temperature

The water in the water heater should be at least 60 ° C, and the hot water in the taps at least 50 ° C, to minimise the risk of legionella bacteria growing in the water system. It's also important that the cold water is cold.

#### **This is what you can do**

- Contact your landlord or housing association if there are problems with the water temperature.



*Keep all outlet air diffusers, such as those in the bathroom, clean.*

### Ventilation and air quality

Your home should have working ventilation. The ventilation should ensure that fresh air comes in to the home, and that used air goes out of it. One sign of poor ventilation is a stuffy smell. You shouldn't get cooking smells or other smells from your neighbours in your home.

### Damp and mould

Your home should be free from damage caused by damp and mould. Mould may form in damp places with poor ventilation.

Signs of damage caused by damp can be bad smells, spots on ceilings or walls, and bubbly wallpaper or floors. Damp damage must be dealt with as soon as possible.

### This is what you can do

- If you discover signs of damp damage, you should report it to your landlord or housing association as soon as possible.

### Noise

Sounds that disturb us are called noise. There are guidelines for how loud sounds may be at different times of day. Noise disturbances can, for instance, be caused by laundry rooms, nearby businesses or fans.

### This is what you can do

If you are disturbed by a business, you should, in the first instance, contact the business itself. If you are disturbed by noise from your property, you should contact your landlord or housing association.

### Vermin

Your home should be free from mice, cockroaches, bedbugs and other vermin.



*There should be no bedbugs in your home.*

### This is what you can do

- If you discover vermin in your home, you should report it to your landlord or housing association immediately.

### Radon

High levels of radon in homes don't pose an immediate danger, but are a health risk in the long term, and should be addressed. To find out what the levels of radon are, the owner of the property has to measure radon in a certain share of the building's homes.

If there are radon levels above guide value 200 Bq/m<sup>3</sup> in your home or another home in the building, the property owner must take the measures necessary to reduce the levels. Following the measures being taken, the property owner should perform new checks to see that the radon levels have been reduced.

### This is what you can do

- It's important that you keep your intake ventilators and inlet air diffusers open. If they are closed, there is a risk that the radon levels in your home could rise too high.

### Contact us

If you have any questions, would like more information, or want to report something, you're welcome to contact us here at the Environment Department.

Telephone: 018-727 43 04, Monday – Thursday, 9.00 a.m. - 11.00 a.m.

Email: [miljoforvaltningen@ uppsala.se](mailto:miljoforvaltningen@ uppsala.se)