

If you live in an apartment block

Do you have problems with the indoor environment in your apartment?

Is the water too cold or too hot, the air quality poor, is there damp and mould or do you have pests? If so, you should contact the property owner or landlord. If you live in an owner-occupied apartment you should contact the board of the co-operative housing association. If the property owner fails to assist you, you can contact the environment and public health committee in your municipality.

Who is responsible for the environment inside your apartment?

The property owner is responsible for preventing and detecting deficiencies in your home before they cause health problems for you and your family. This includes inspecting the ventilation and rectifying any damage caused by damp.

As the resident, it is your responsibility to care for your home, such as by cleaning air vents and clearing up spillages. If you discover an issue in your apartment, such as pests, a leak or a blocked drain, it is important that you contact your property owner immediately so that the problem can be rectified.

If you have problems with your indoor environment but the property owner fails to rectify the situation, you can contact the environment and public health committee in your municipality. They will inspect your apartment in accordance with the Swedish Environmental Code and can demand that the property owner fixes any issues that may negatively affect the health of residents. As the resident, an inspection by the environment and public health committee is free of charge.

What is important to check in your home?

The air should feel fresh

The ventilation in your home must be in working order. Fresh air should enter and stale air should be extracted. If your home often smells stale or condensation collects on the inside of windows, it may indicate that the ventilation is poor.

When your windows and doors are shut, you should not be able to smell odours generated by your neighbours, such as cooking fumes and tobacco smoke.

What can you do yourself?

- Keep vents open to allow fresh air in. Vents are usually located in or adjacent to windows.
- Open doors or windows and briefly ventilate to admit fresh air.
- Regularly clean exhaust vents (vents that suck out stale air) in the bathroom and kitchen. Do not adjust ventilation settings.

- Turn on the kitchen extractor fan when cooking and regularly clean the grease filter in the hood.

The apartment should be free of damp and mould

Your home should be free of damage from damp and mould. Mould may form when the apartment is damp or poorly ventilated. Signs of damp include damp spots, discolouration, peeling paint or bubbles in wallpaper or linoleum. Sometimes you may be able to smell damp even if it is invisible, and sometimes it may be odourless.

What can you do yourself?

- Keep an eye on taps and water pipes to ensure that they are not leaking.
- Wipe up spilt water, including in the bathroom.
- Clean under the bathtub and in floor drains.
- If there is a fan in your bathroom, turn it on whenever someone showers or bathes and leave it on for a little while afterwards. If there is a window, open it to air the room after someone has showered or bathed.
- Use a shower curtain and avoid drilling holes in walls close to the shower.

The indoor temperature should be comfortable

Your home should not be too cold or too warm. Nor should there be too much draught from vents and windows. Contact the property owner if the temperature in your home often dips below 20°C or climbs above 26°C in summer.

What can you do if your apartment is cold?

- Do not place furniture or heavy curtains in front of radiators, as this will prevent heat from circulating in the room.
- Place sofas and beds against interior walls, as these are warmer than exterior walls.

What can you do if your apartment is hot?

- Install blinds, curtains or awnings to provide shade against the sun.
- Ventilate the apartment when the temperature drops outside. In a heatwave, it may be a good idea to keep windows and doors closed during the day and open them for ventilation at night.

Look out for pests and vermin

Your home should be free of mice, cockroaches, bedbugs or other pests or vermin.

What can you do about it?

- Make sure that pests cannot get to food or food waste.

- For example, keep flour, grain and nuts in tightly sealed containers.
- Keep the apartment tidy and clean regularly, including behind the cooker and inside cupboards, shelves and drawers.
- Check that there are no pests or vermin in goods, furniture or luggage before you bring them into the apartment.

The sound environment should be good

Noise may be caused by fans, traffic or local businesses such as workshops, restaurants or pubs. If you live in an apartment, you may be disturbed by noise from neighbours, such as loud music or footsteps. You cannot expect peace and quiet at all times and you will need to tolerate a certain amount of noise from your neighbours, especially during the daytime.

What can you do yourself?

Your first recourse is to contact the person causing the disturbance, or whoever is responsible for it. If you are disturbed by noise from outside the building, such as from a neighbouring building or business, you should contact whoever is responsible for the building or business. If, for example, a fan, refrigerator or some other installation in your building or apartment is making excessive noise, you should contact the property owner. If they fail to rectify the situation, you can contact the environment and public health committee.

You must have hot and cold running water

You must have hot and cold running water on tap. It must be possible to regulate hot water to the correct temperature and cold water must be cold enough. It is important to ensure that bacteria does not grow in water. Your apartment must also have functioning sewerage.

Contact your municipality's environment and public health committee

Contact details for the municipality's environment and public health committee

Email:

Telephone:

Website: