

## Does the outdoor air pollute your home?

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### Pollution sources

Pollution from road traffic, wood smoke, diesel trains, cruise ships, etc. that occur close to the home can significantly pollute the indoor environment when windows are open or if your home has mechanical ventilation that sucks the pollution into your home. Closed, newer windows are usually tight and often keep pollution out.

More info: <https://en.godtindeklima.nu/wp-content/uploads/sites/2/2023/12/pollution-inside-houses-with-wood-stoves.pdf>

### Solutions

If you live right next to a trafficked road, keep the windows facing the road closed during rush hour. Keep the windows closed if the outside air smells like wood smoke or smoke from diesel trains, cruise ships, etc. If your windows are not tight, replace the windows or buy and install sealing strips from a hardware store.

If you have mechanical ventilation, replace the filter with a better filter (HEPA or EPA filters) and have an activated carbon filter installed in the ventilation system, if it is technically possible. Note that the filters must be changed regularly.

Talk to your neighbour about finding a good solution if you smell the neighbour's wood smoke. If that does not help, or if the air outside your home - or the air going into your ventilation system - smells like diesel fuel, wood smoke, slurry, etc., then file a complaint to the municipality.

If the above does not help, then an air purifier can be an emergency solution - but air purifiers are best at removing particles and generally not good at removing chemicals. Read more here and be careful of what you buy: <https://godtindeklima.nu/wp-content/uploads/2023/12/air-purifiers-capability-to-reduce-exposure-to-pollution-generated-in-private-homes-med-appendix.pdf>

**More on indoor air pollution and solutions:**

[www.healthyindoorenvironment.org](http://www.healthyindoorenvironment.org)