

Preventing Rheumatic Fever

1 Key tips Cor a warmer, drier home

If you follow even just a couple of these tips, your home could be cheaper to heat and more comfortable to live in.



Open your curtains during the day & close them at night.



Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.



Check you have the best heating option for your home.



Wipe off any water that has collected on walls and on the inside of windows.



Let steam out in the kitchen and bathroom.



Dry your washing outside or in the garage or carport.



Use white vinegar to remove mould from ceilings and walls.



Find out if your home is insulated. You may qualify to have insulation installed for free.

www.energywise.govt.nz



Open your windows for at least a few minutes each day.







www.health.govt.nz/warmhomes