

WHĀNAU PLAN

WARM • DRY • SAFE

TOP PRIORITIES FOR YOUR WHĀNAU FOR A WARM, DRY AND SAFE HOME:

1. _____

2. _____

REFERRALS WE ARE MAKING ON BEHALF OF YOUR WHĀNAU:

- Insulation
- MSD/Work and Income
- Heating
- Curtain bank
- Beds/bedding
- Minor repairs
- Ventilation
- Floor coverings
- Social housing
- Fire-safety check
- Other _____

CONTACT HE WHARE TAONGA

Phone: 04 570 9002

Email: healthyhomes@huttvalleydhb.org.nz

He Whare Taonga is a housing coordination service for the greater Wellington region.

Our assessment helps to determine the things in your home that affect the health of the whānau, we discuss health and social concerns, and work with you on a plan to address the issues.

We aim to improve your health and wellbeing by offering useful tips, assistance, and advice to stay warm and healthy.

Referrals come to He Whare Taonga through health professionals such as Maori and Pacific health services, doctors, nurses, and social workers.



Te Whatu Ora
Health New Zealand

Capital, Coast, Hutt Valley and Wairarapa

HEALTHY HOMES TIPS

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WARM



Open curtains (including net curtains) during the day and close them at night. The sun is free heating

Have thermal lined curtains (2 layers of fabric)

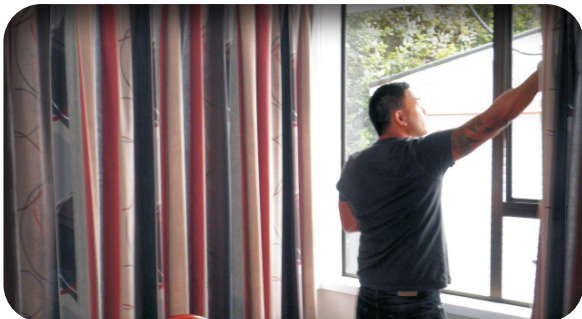
The right heater makes it easier to heat your home, and reduces the cost of heating. A heater with a thermostat and timer is best

It is recommended to heat children's bedrooms to 20°C, adults' bedrooms to 18°C and living areas to 20°C

Use door snakes and draught tape to stop cold air getting into your home

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

Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free



DRY



Wipe wet windows and walls in the morning

Pull beds and bedding away from the walls and keep mattresses off the floor

Clean mould with warm, soapy water, spray onto mould (use a cloth or toothbrush for hard to reach corners), leave for 1 hour (to allow time to work) then wipe down, rinsing cloth thoroughly

Open windows for 30 minutes each day (once in the morning, and once before you go to bed at night)

Dry washing outside, or in the garage/carport

Use pot lids when cooking

Open a window and close the door in the kitchen when cooking, and in the bathroom when you shower or bath, to let steam out



SAFE



Children should have their own beds/bedding if possible

Create as much space as possible between the heads of sleeping children to prevent germs from spreading

Working smoke alarms save lives. Call 0800 NZ FIRE for firefighters to visit and provide you with a free fire-safety inspection. You may qualify to have a free long-life photoelectric alarm installed

Every time your child has a sore throat it could be serious. Don't ignore it! Take them to a doctor or nurse straight away to get it checked

Call Healthline on 0800 611 116 if you are worried about your child. Nurses are there 24 hours a day, 7 days a week to offer free health advice

Avoid the use of unflued gas heaters as they release harmful gas and lots of water into the air, making your home damp

