

What can you do?



Insulate it

- Make sure you have two-layer curtains that fit close to the window with no gaps
- You can close off the gap at the top by laying a rolled up towel or sheet across the curtain track
- You can close off the gap at the bottom by attaching velcro strips to the curtain and wall underneath the window sill and pressing them together at night
- Bubble wrap makes inexpensive double glazing when securely taped to the window pane.

For subsidies on ceiling and underfloor insulation, which may be free, contact info@cosyhomes.org.nz for Otago or synergy@awarua.org.nz for Southland.



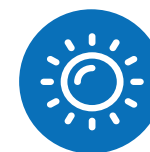
Dry it out

- Dry clothes outside, in the carport or garage, or at a laundromat, wherever possible
- Clothes drying inside puts up to five litres of moisture into the air per load. Damp air is more expensive to heat
- Wipe down condensation on windows every morning and hang the cloth outside to dry
- If mould does form, spray with a mixture of 70% white vinegar and 30% water, let it sit for 2-3 minutes, then scrub with a cloth to kill it. Bleach doesn't kill mould!
- Use extractor fans or open windows when cooking or showering.



Air it out

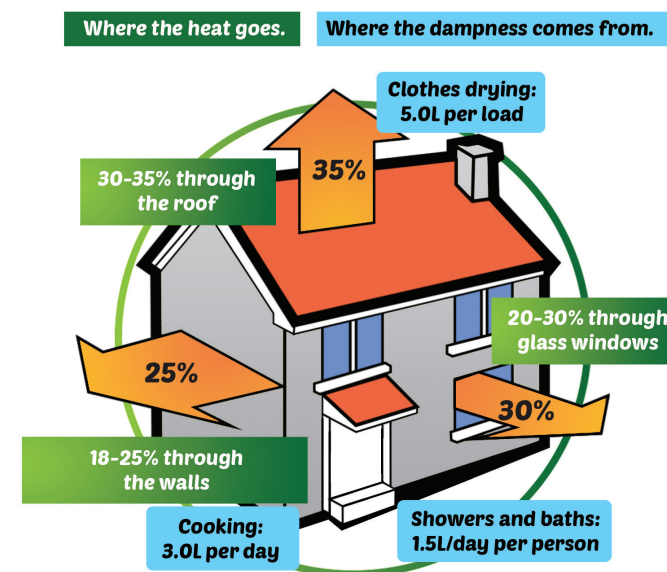
- Ventilate your home for 3-5 minutes per day in the winter by opening windows and doors on opposite sides of the house. Aim for the sunniest part of the day but skip it on rainy or foggy days.



Warm it up

- Keeping the air warm in your home while sleeping at night helps prevent health issues
- Oil column, convection, micathermic and panel heaters are all good heating choices for a bedroom. Look for heaters that have a built-in thermostat and a timer. Your family should be sleeping at 18C
- Use draught stoppers under the bedroom door and be sure you have snug-fitting, two-layer curtains on the windows to keep the heat where you want it.

Your home



Some more resources



Cosy Homes Trust
offers healthy homes
advice and subsidy info

cosyhomes.org.nz
info@cosyhomes.org.nz
021 999 395



Awarua Synergy
0800 warm south
or 03 214 2927
synergy@awarua.org.nz
awaruasynergy.org.nz
117 Eye Street, Invercargill



More information on
Warmer, Drier Homes

health.govt.nz/your-health/healthy-living/warmer-drier-homes

**NZ Red Cross,
Invercargill
Curtain Bank**

102 Yarrow St,
Invercargill
03 218 4339
Open Tuesdays and
Thursdays, 12.30-2pm

Dunedin Curtain Bank
distributes free, lined
curtains to Community
Services Card holders

dunedincurtainbank.org.nz
03 425 9678



[Southerndhb.govt.nz](http://southerndhb.govt.nz)
contactus@southerndhb.govt.nz
03 474 0999

*We aim to uphold these values
when providing care to you:*

Kind
Manaakitanga

Open
Pono

Community
Whanaungatanga

Positive
Whaiwhakaaro



Healthy Homes

Papa kāinga orange