

WINTER WELLNESS TIPS FOR THE HOME

Winter is the time of shorter days and colder nights. Here are a few tips from us on how to help keep your home warmer, drier and save on energy costs through the winter months.



Draughts

Draughts steal warmth from your home, forcing you to turn up the heat and pay more on power bills. The easiest way to save money and stay cozy is to block those gaps where cold air sneaks in.

You can make a big difference by:

- Sealing gaps around windows and doors with weather stripping, foam strips, or caulk
- Using door snakes or draught stoppers along the base of doors
- Installing heavy lined curtains or pelmets to trap heat inside
- Checking for and sealing cracks around skirting boards, vents, and unused fireplaces

These simple fixes reduce heat loss, keeping your home warmer, and cutting down your energy costs.



Best heater size

Keep your energy bills low this winter with a thermostatically controlled heater.

You only need to heat a room to 20°C to protect your whānau from the health risks caused by cold air.

That's why, during our Healthy Homes assessments, we recommend and provide an 11 Fin Oil Heater for bedrooms. These heaters efficiently warm the air and automatically switch on and off to maintain the ideal temperature-helping you save on unnecessary energy costs.

Don't settle for small heaters that struggle to keep up and end up costing more in the long run. Invest in a heater that works smarter, not harder, for a healthier, warmer home.



Help keep moisture out

It's all about changing the air in your home. If you had bread burning in your toaster, would you open the windows just a little bit to start letting the smoke out...

The same principle applies to your home every morning.

BLAST ventilate your home by opening all the windows and doors - even if it's chilly outside. Warm air holds more moisture, so when you let it out, you're carrying excess dampness away with it.

Just a few minutes each morning can make a big difference, helping to prevent mould, reduce condensation, and keep your whānau healthy.

Start your day with a breath of fresh air!



Curtains and Window coverings

Windows and doors are the biggest sources of draughts in your home, allowing precious heat to escape-sometimes up to 40% of your home's warmth is lost this way.

Closing your curtains as soon as the sun goes down is a simple but effective way to capture as much heat as possible and keep your home cozy through the night.

The right window coverings-especially double layered, full length curtains can significantly reduce heat loss and help lower your energy bills

**If you are after more information or to see about a Healthy Homes Assessment talk to our Whare Ora / Healthy Homes team
0800 ORANGA (672 642)**

