

## Education



# Warm Dry Homes



If your house is cold and damp, you'll know all about coughs, mould, condensation - and power bills. We've put together our top eight tips for a warmer, drier home.

## Keep Your House Dry

Dry air is better for lungs and skin. Dry air is also easier, and cheaper, to heat. You can reduce moisture inside by cooking with lids on pots and pans. Also, close the bathroom door when showering (and open the window), and wipe up window condensation in the morning.

## Open the Windows

Even on cold days, it's good to open your windows for about thirty minutes. This lets out moisture that has built up from cooking, washing, and breathing.

Make it a habit to open bedroom windows after getting up, open kitchen windows while cooking, and open living area windows during the day.

## Use Curtains

Open curtains and netting to let maximum light in during the day, and close them again when the sun starts to set. Don't forget about spare rooms as well. Cold rooms will lower the temperature of your whole house.

Are your curtains lined? Lined curtains are much better than a single layer of fabric at keeping warm air inside and stopping cold draughts.

Wellington Curtain Bank can provide free, lined curtains if you have a Community Services Card.

### Do

Do heat children's bedrooms. Their bedroom temperatures should not go below 16°C at night.

### Don't

Don't use a portable gas heater.

They release 1 litre of moisture every hour. Portable gas heaters are expensive to run, and a source of toxic gases.



Ingredients for a warm dry home: lined curtains, flued heating, draft stripping, ventilation...

### How to clean mould:

1. Use rubber gloves and a mask while cleaning
2. Put white vinegar in a spray bottle
3. Spray the mould, leave for 30 min to an hour
4. Wipe clean with water with a cloth and brush



Regular cleaning will stop mould growth

### Handy Resources

[Dealing with Damp](#)

[How to Clean Mould](#)

[Wellington Curtain Bank](#)

[Half price insulation for low-income households](#)

[Shop home energy solutions](#)

#### TIP

Book your home assessment with Sustainability Trust.

### Clean Away Mould

Mould grows in damp houses, and can make respiratory problems and asthma worse. It's important to clean up mould regularly to slow its growth.

### Dry Washing Outside

Dry washing outside as much as possible. Drying washing inside creates dampness in the house. If you have to dry it inside, make sure you open some windows.

If using a clothes dryer, open an external window or door, and close the door to the rest of the house. Make sure your dryer is ducted to the outside, to remove moist air from the laundry.

### Keep Heat Inside

With draught stripping, door snakes, and even rolled towels, you can stop draughts under doors and windows. Remember to continue opening windows and doors every day to let fresh air in and moisture out.



Wellington houses are cold and draughty but our certified Advisors can help

### Heat More

It is important for children and the elderly to stay warm. Using some more money on heating could save you on doctor bills. Get budget advice to see if any money can be freed up to put towards heating.

### Get a Home Energy Assessment

Book a 2 hour Home Energy Assessment, free for WCC and UHC ratespayers or \$120 elsewhere. Our certified Home Performance Advisors will give you detailed, personalised advice on how to make your home warmer, drier, and more energy efficient.

[www.sustaintrust.org.nz](http://www.sustaintrust.org.nz)

Phone: 0508 78 78 24 Fax: 04 385 0501 Email: [advice@sustaintrust.org.nz](mailto:advice@sustaintrust.org.nz)

2 Forresters Lane, Te Aro, Wellington 6011

