

HEALTHY HOMES TIPS

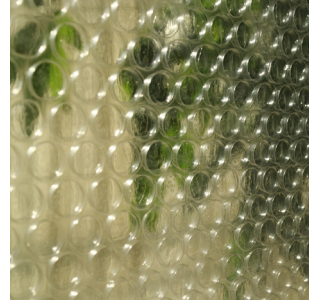
KEEP YOUR HOME WARM AND DRY



Heat your home to 20°C and only heat rooms you use.



Open curtains in the morning and close before the sun sets.



DIY double glaze your windows with bubble wrap or window kits.



Open all windows for 15 minutes each day (even in winter) before closing them.



Use your kitchen and bathroom extraction fans.



Dry clothes outside whenever possible.

To learn more, visit ecomatters.org.nz/homeadvice

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KEEP YOUR WATER AND POWER BILLS LOW



Keep your shower time short – aim for four minutes.



Use a low flow shower head or a flow restrictor.



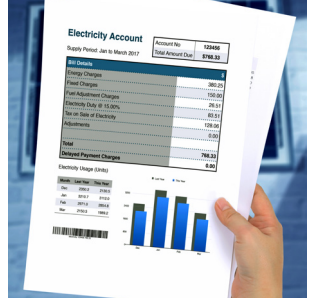
Switch to LED bulbs.



Choose cold washes when doing laundry.



Turn off appliances when not in use.



Compare power plans to find the right plan for you.

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