

# HEALTHY HOMES TIPS

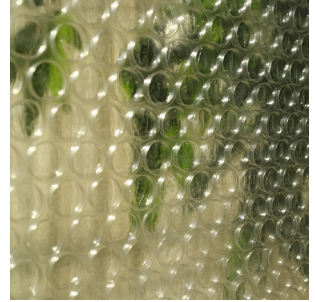
## KEEP YOUR HOME WARM AND DRY



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](https://ecomatters.org.nz/homeadvice)

Funded with the support of Auckland Council.



# HE HUATAU MŌ NGĀ KĀINGA HAUORA

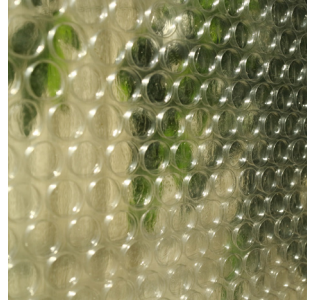
## KIA MAHANA, KIA MAROKE HOKI TŌ KĀINGA



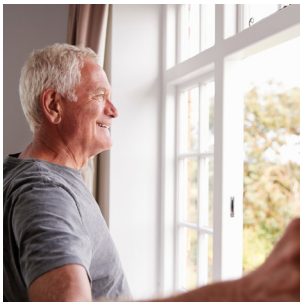
Whakamahanahia tō whare ki te 20°C, ā, me whakamahana anake i ngā rūma e whakamahia ana e koe.



Whakatuwheratia ngā ārai i te ata, ka kati i mua i te torengitanga o te rā.



DIY karāhe tōruatia ō matapihi mā te whakamahi i te takai mirumiru, i ngā tīpae tōrua rānei.



Huakina ngā matapihi katoa mō te 15 meneti i ia rā (i te hōtoke tonu) i mua i te katinga anō.



Whakamahia ngā momihau ki te kīhini me te rūma horoi.



Whakamarokehia ngā kākahu i waho i ngā wā katoa e taea ai.

Mō ētahi atu mōhiohio, tirohia a [ecomatters.org.nz/homeadvice](https://ecomatters.org.nz/homeadvice)

I tautokona e te Kaunihera o Tāmaki Makaurau.

