

TIPS FOR A HEALTHIER HOME

Easy ways to keep your home warm and dry

Cover windows with lined OR makeshift curtains



Close curtains as it starts getting cold or dark



Block gaps around windows and doors

Use **rangehood** AND **extractor fans**



Wipe up condensation



When cooking

keep lids on pots and pans

Dry clothes outside



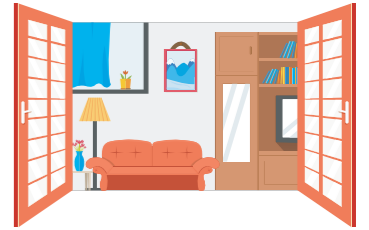
KEEPING HEAT IN

VENTILATION

MANAGING MOISTURE

HEATING

Air out your home

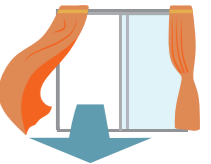


Open windows and doors **WIDE** for



10 minutes a day

to let moist air out



Healthy indoor temperature at least

18°C - 22°C

When sunny, open curtains



Use available heating sources



BUT NOT unflued gas heaters

