

# STAY WELL

## GET A FLU VACCINATION

- The flu vaccination is available from your GP and may be free, or reduced cost, for some people.

## GETTING WARM INSIDE AND OUT

- Dress yourself and your children in layers of warm clothing, even when you are at home. Wool or polyester (polar fleece) clothes are best.
- Woollen blankets, a good duvet, and hot water bottle will keep you warm in your bed.
- Eat warm nourishing food – warm soup is a great healthy way to warm up.

## KEEP AN EYE OUT FOR EACH OTHER

- Look out for elderly relatives and neighbours by regularly checking on them to ensure they are eating well, keeping warm and taking their medications properly.

**STAY  
WARM  
AND  
WELL  
THIS  
WINTER**

### Community and Public Health

310 Manchester Street

P O Box 1475

Christchurch

Phone: 03 364 1777

Email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

ENH0033 + 2019

**STAY  
WARM  
AND  
WELL  
THIS  
WINTER**

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

# 3 THINGS TO KEEP YOUR HOME WARM AND DRY

## 1. VENTILATION / AIRING YOUR HOME

- Open windows in the house for a short time every day – even in winter (as if you have burnt the toast)
- Keep lids on pots when cooking, use your range hood or open a window.
- When using the bathroom, keep the door closed. Use the heater and extractor fan and open the window after showering.
- Hang washing outside - drying a load inside can release up to 3 litres of moisture into the air.
- Take advantage of the sun by opening your curtains during the day, by wiping away any condensation and by closing curtains at sunset to help retain the heat.

## 2. INSULATION

- Having good home insulation is one of the most important ways to keep your house healthy. Home insulation will help keep you cooler in summer and warm in the winter, reducing the cost of heating your home.

- Get good quality winter curtains. You may be able to access free lined curtains from Community Energy Action Curtain Bank.
- Try to seal gaps around windows and door frames to prevent draughts. Used lined curtains and door snakes to help retain the heat.
- To reduce the amount of heat going out your windows, you could use a DIY window insulation kit.

## 3. HEAT TO THE RIGHT LEVEL

- The best temperature for health is 18 -21 degrees in the living room while you are at home and 16 degrees overnight in bedrooms.
- Be sure to heat the bedrooms of infants, elderly or unwell people as they are more vulnerable to the cold. Take care not to overheat baby's bedrooms as babies can't regulate their temperature (Use heaters with thermostats or leave the door open to avoid overheating)
- Use an electric heater or heat pump.
- Avoid portable gas heaters inside as they release dangerous pollutants and moisture as the gas burns.

**Contact Community Energy Action**  
**0800 438 9276 or 0800 GET WARM**  
or visit **[www.cea.co.nz](http://www.cea.co.nz)**  
for further information.

# STAY WARM

## SPREAD YOUR POWER BILL

- You may be able to spread your power bill payments across the year so that there are no surprises. Talk to your power company.
- Use [www.powerswitch.org.nz](http://www.powerswitch.org.nz) to make sure you are on the right plan for your home with the cheapest provider.
- If you need help with your power bill contact your power company first. You can also get in touch with Work and Income, or try the Mayor's Welfare fund.

## MAKE SURE YOUR HEATING IS SAFE AND EFFECTIVE

- Clean heat pumps – vacuum the filters regularly.
- Use only untreated, dry wood in your log burner, rather than damp wood which burns less efficiently.
- Find out how to use all the levers and slides on your burner to make sure you are using your burner correctly.
- If your log burner has a switch on the wall make sure this is on. This could improve your fire's efficiency, giving you more heat for the amount of wood.
- If your chimney is smoking for more than 15 minutes, then the wood might not be burning efficiently.

For tips and tricks on how to light your fire visit **[www.warmercheaper.co.nz](http://www.warmercheaper.co.nz)**  
**0800 324 636**