

## 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.

## 1. 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.

## 2. Open the windows

Even on cold days, it's good to open your windows. This lets out moisture from cooking, washing, and breathing. Use security latches so windows can be left open safely while you're away.

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

## 3. 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.

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

### 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.



## 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

[EECA Energywise tips](#)

### How to Clean Mould

[Housing NZ infosheet](#)

### Wellington Curtain Bank

[Free curtains for Community Service Card holders](#)

### TIP

Book a 2 hour Home Energy Assessment with Sustainability Trust.

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

## 4. 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.

## 5. 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.

## 6. Keep heat inside

With draught stripping, doorsnakes, 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.



## 7. 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.

## 8. Get a Home Energy Assessment

If you are a homeowner and live in Wellington, you can get a free, two-hour Home Energy Assessment. Our certified advisors will give you detailed, personalised advice on how to make your home warmer, drier, and more energy efficient.

## Sustainability Trust: Solutions for Sustainable Living

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