

HOME SWEET HEALTHY HOME



CHECKLIST TO KEEP YOUR HOME DRY, WARM AND POLLUTION-FREE



KEEP MOISTURE OUT



- Put lids on pots when cooking 
- Dry clothes outside
- Vent your clothes dryer to the outside 
- Air your house on fine days
- Use extractor fans or open windows in the kitchen and bathroom to remove moisture
- Remove mould using very diluted household bleach
- Check for water leaks from guttering and plumbing and repair them
- Ensure there is adequate drainage around your house
- Black plastic on the ground under the house will keep it drier and easier to heat
- Consider double glazing if you are building or replacing windows 

Save money
and improve
energy efficiency




KEEP HEAT IN



- Have well-fitting curtains and keep them closed at night
- Use draught stops under doors and draught-proof windows 
- Insulate your ceiling and under the floor 

40%
of heat can be lost
through an
uninsulated ceiling

KEEP AIR CLEAN

- Make your home smokefree
- Use an electric or flued* gas heater
- Limit the use of strong-smelling cleaners, air fresheners and flysprays, and ventilate the room after using them
- Dust with a damp cloth or microfibre cloth
- Use a sealed vacuum with a HEPA** filter or a central vacuum regularly
- Keep pets out of the bedroom 
- Use low VOC*** paints
- Use heaters and ventilation systems with a high-grade filter
- Use antimicrobial treated pillows and mattresses



SENSITIVE CHOICE
ASTHMA + RESPIRATORY
FOUNDATION NZ

*flued means the heater has a vent to safely carry away emissions
**HEPA means high efficiency particulate air
***VOC means volatile organic compounds

Asthma + Respiratory
FOUNDATION NZ