

How to heat your home

You will need to heat your home for your whānau to be healthy.

The World Health Organisation suggests you heat your rooms to at least 18oC.

Why? Living in rooms below 16oC affects breathing, and living (or sleeping) in rooms below 12oC affects your heart.

There are some DOs and DON'Ts when it comes to heating

DO

- **Choose the right heater for the space** – small electric heaters are good for smaller rooms like bedrooms; heat pumps or woodburners are good for larger living areas.
- Use the **thermostat and timer** on your heaters so they only come on when you need them and automatically switch off when they reach a certain temperature. This is especially important for heat pumps – ask for the 'How to use your heat pump' sheet if you don't have it.
- **Heat your bedrooms**, especially if young children or older people are sleeping in them – bedrooms can get very cold overnight.
- **Turn off** heaters in rooms you're not using.



DON'T

- **Put a heater underneath a window** – the heat will go straight out the window.
- **Heat hallways**; the heat will not get into bedrooms.
- **Use unflued gas heaters**, like LPG cabinet heaters, patio heaters, gas BBQs or cookers, to heat your home! Using these to heat your home is bad for your health – Even though these heaters are cheaper to buy, they are actually one of the most expensive heaters to run. Many people have to run a dehumidifier as well.
 - They release poisonous gases, such as sulphur dioxide and carbon monoxide, into the room because they have no chimney or flue taking them outside.
 - They release one litre of water per hour of use. Your house will be much damper.

