

PREPARE FOR WINTER: HEALTHY HOME KIT

What?

This self-assessment toolkit will enable you to **assess your home** for warmth and moisture levels, and help you to understand how it is performing.

You will find useful tips and advice to **improve the comfort** of your home and your health.



Why?

Having a warm, dry home is not just about making it more comfortable, it is also about making it more **energy efficient** and much **better for your health**. Cold, damp and mouldy houses can lead to discomfort and more serious health problems, such as respiratory illness and cardiovascular disease. It is harder and more costly to heat damp and draughty houses.

How?

You can borrow the Home Health Self-Assessment Kit for **free** from the all the **libraries in the Wairarapa**.

Standard library charges apply if the kits are overdue, lost or missing.

Useful links:

<https://cdc.govt.nz/services/sustainability/climatechange/healthyhomekit/>

<https://swdc.govt.nz/home-health-self-assessment-kit/>

<https://mstn.govt.nz/council-2/climate-change/home-health-assessment-kit/>