



Preventing Rheumatic Fever

Key tips for a warmer, drier home

If you follow even just a couple of these tips, your home could be cheaper to heat and more comfortable to live in.



Open your curtains during the day & close them at night.



Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.



Check you have the best heating option for your home.



Wipe off any water that has collected on walls and on the inside of windows.



Let steam out in the kitchen and bathroom.



Dry your washing outside or in the garage or carport.



Use white vinegar to remove mould from ceilings and walls.



Find out if your home is insulated. You may qualify to have insulation installed for free.

www.energywise.govt.nz



Open your windows for at least a few minutes each day.



He kupu āwhina kia mahana ake, kia maroke ake tō whare.

Ki te whāia ētahi noa iho o ngā kupu āwhina nei, tērā ka iti te utu māu ā, ka noho tō kāinga hei wāhi mahana, āhuru hoki.



Huakina ngā ārai i te awatea, ā, me kati i te pō.



Katia te urunga mai o te hau mātao mā te puru i ngā puare i ngā taha o ngā tatau, ngā matapihi, me ngā pākaiahi.



Āta tirohia ngā kōwhiringa pai rawa hei whakamahana i tō whare.



Ūkui atu te wai kua piri ki ngā pakitara me te taha roto o ngā matapihi.



Tukua te kuhu kia puta atu i te kīhini me te rūma kaukau.



Whakamarokengia ō kākahu i waho, i roto rānei i te whare motokā.



Huakina ngā matapihi mō te wā poto i ia rā.



Pātahia kia mōhio mēnā kua āraia kētia tō whare. Tērā ka whakaaetia kia āraia tō whare mō te kore utu.

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Whakamahia te winika mā hei horoi atu te puruheka i te tuanui me ngā pakitara.

Fautuaga autu mo se fale ia mafanafana ma mago lelei

Afai e te utagia mai nei fautuaga, e mafai ona taugofie le faamafanafanaina o lou fale ma atili sologa lelei ai lou nofo ai.



Talai i tua au iefaamalama i le ao ma toe toso i totonu e tapunipuni i le po.



Pupuni le ea malulu ina ia lē sao mai i totonu o lou fale, e ala i le taofiofi o le sao mai o le sau i autafa o faitotoa, faamalama ma ta'inaafi.



Ia faamautinoa o loo matuā lelei le auala o loo faamafanafana ai lou fale.



Solo ese uma ni vai o loo to'ato'a i puipui o le fale ma pito i totonu o faamalama.



Faaalu ese i fafo le asu mai le umukuka ma le faletaele.



Tautau faamamago lau tagamea i fafo, poo totonu o le faletaavale poo se faasee i fafo o loo faapaolo ai le taavale.



Talai faamalama mo ni nai minute i aso taitasi.



Saili po ua uma ona kava lou fale i mea ia e tasulu i va o puipui ma le fa'alo ina ia faamafanafana ai. Atonu e te agavaa e kava lou fale i na mea e aunoa ma se totogi.

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Faaagā le vineka paepae (white vinegar) e aveese ai mea o loo taetae palaloa ai luga o le fa'alo ma puipui o le fale.



Ko e ngaahi founnga eni ke toe māfana ange ai mo mātu'u 'a ho 'api nofo'anga.

Kapau te ke fa'ifa'itaki ki ha ni'ihi 'o e ngaahi founnga ni, 'e si'i ange ai 'a e fakamole ki hono fakamāfana'i 'o 'api pea ke nonga ange foki ai.



Holo mātu'u 'a e hauhau 'i fale 'a e holisi pea mo e ngaahi matapā sio'ata.



Ta'ofi 'a e hū 'a e 'ea momoko ki fale 'o punipuni e lalo matapā hū'anga, tafu'anga afi 'i fale pea mo e tapa 'o e matapā sio'ata ke 'oua 'e hū atu ha 'ea momoko ki fale.



Tokanga 'o faka'aonga'i 'a e founnga fakamāfana 'oku tuha mo taau taha pea mo 'api na.



Kapau te ke fa'ifa'itaki ki ha ni'ihi 'o e ngaahi founnga ni, 'e si'i ange ai 'a e fakamole ki hono fakamāfana'i 'o 'api pea ke nonga ange foki ai.



Feinga'i ke tukuatu ki tu'a 'a e mao mei he ngaahi kai 'i peito pea mo mao mei falekaukau.



Ngāue'aki ha vinika hinehina (white vinegar) ke to'o 'aki 'a e tuhituhi 'i he 'aofi 'ato pea mo e ngaahi holisi 'i loto fale foki.



Fakaava e ngaahi matapā sio'ata 'i ha kipi lau miniti pē 'i he 'aho kotoa.



Vakai pē kuo 'osi 'aofi fakamāfana (insulate) 'a ho mou fale. 'E ala lava foki ke 'aofi fakamafana ta'etotongi.

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Fakamomoa fo 'i tu'a 'i he fale tau'anga me'alele.