

WHO IS AT RISK FROM COLD HOMES?



People can be especially vulnerable to the cold if they have physical health conditions, such as circulatory problems, diabetes or arthritis, or if they have mental illness, such as depression or anxiety.

Respiratory conditions, like asthma, can be exacerbated by the cold, even more so if there are dampness and mould issues in living spaces. This is often the case in underheated, poorly ventilated homes. People with certain disabilities, children and the elderly also fall into higher-risk categories.

TIPS FOR MANAGING EXCESS MOISTURE & COLD HOMES

1. Reduce Moisture

- Keeping lids on saucepans when cooking
- Drying clothes in the fresh air, not on the radiator
- Venting your tumble dryer to the outside

2. Let Moist Air Out and Fresh Air In

- Extractor fans are an effective way to get rid of moist air and steam, so less condensation forms
- When you're cooking or having a bath, keep the kitchen or bathroom door shut and open the window to let the steam out
- Let fresh air circulate to avoid mould forming. Make sure there is a gap between furniture and walls, and give wardrobes and cupboards an airing once a month.

3. Warm Your Homes

- Very cold rooms are more likely to get damp and mouldy. Turn radiators on to their lowest setting.
 - Insulate and draft-proof your home. A good place to start is with doors and windows.

ENERGY SAVE PROGRAM



CONDENSATION

DAMP & MOULD

HOW IT WORKS

Some damp is caused by condensation. This can lead to mould growth that appears as a cloud of little black dots. Condensation occurs when moist air comes into contact with a colder surface like a wall, window or mirror.

The air can't hold the moisture and tiny drops of water appear. It also occurs in places the air is still, like the corners of rooms, behind furniture or inside closets.



19-21° is the recommended temperature for occupied rooms

18° is the recommended night time bedroom temperature

If your home often falls to 14-15°, this may increase your risk of respiratory disease

You may want to use a room thermostat to monitor and control the temperature in your home.

If your home often falls to 9-12°, or lower, this may increase your blood pressure and risk of cardiovascular disease

HOW COLD IS TOO COLD?



MAKING THE LINKS BETWEEN ENERGY EFFICIENCY & HEALTH

INVESTING IN ENERGY EFFICIENCY

Energy efficiency measures can support good physical and mental health, primarily by creating healthy indoor living environments with healthy air temperatures, humidity levels, noise levels and improved air quality.

Both children and elders are particularly vulnerable to the effects of poor housing. Children living in cold homes are more than twice as likely to suffer from a variety of respiratory problems than children living in warm homes. Those who are frail or socially isolated and over 75 years of age are considered particularly at risk to the effects of cold homes and are more likely to suffer trips and falls.

HEALTH ISSUES EXACERBATED BY POOR INDOOR AIR QUALITY



HEADACHES

Pain in your head or face. Typically the pain can be throbbing, constant in the areas of the cheekbones or the forehead.



SINUS INFECTIONS

Sinus infections include a runny nose, stuffy nose, or any type of facial pain or pressure. There might be some mucus discharge down the throat.



POOR MENTAL HEALTH

Poor mental health can lead to poor concentration, being easily distracted, worrying more, feeling overwhelmed by things or having the occasionally low mood.



ALLERGIES

Poor air quality can trigger allergy symptoms, from sneezing to itching of the nose, the eyes or even the roof of the mouth.



FATIGUE

Symptoms of fatigue typically result in headaches, dizziness, sore muscles or slower reflexes.

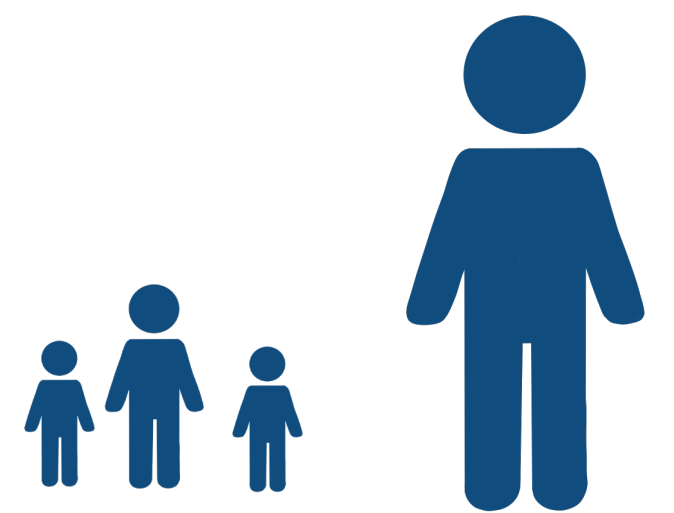


ASTHMA

Asthma signs include a shortness in breathe or a chest tightness. There will be an increase in coughing or wheezing attacks.



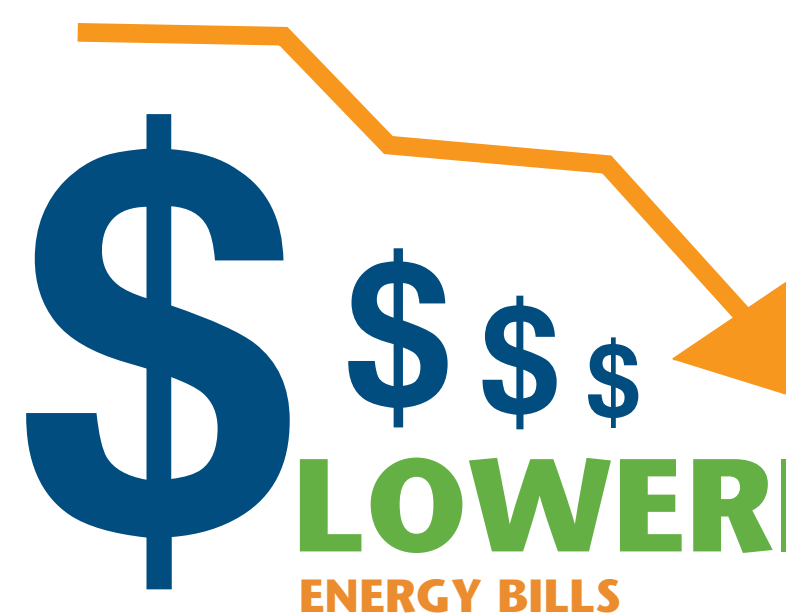
COMMUNITY BENEFITS



IMPROVING
THE PHYSICAL AND MENTAL
WELLBEING OF COMMUNITIES



REDUCING
SUBSTANTIAL BURDEN
ON HEALTH SERVICES



LOWERING
ENERGY BILLS

