

Keeping cool in your home

No or low cost actions to reduce your energy use and keep cool and well in your home:



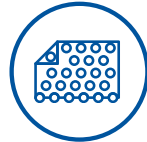
Keep yourself rather than the whole room cool - wet your clothes, use a fan, drink plenty water



Manage the living space by zoning – try to zone/close off your main living space where you spend most of your time



Live in cooler, south-facing areas of the home



Consider bubble wrap or reflective screen for windows - while it's unsightly, they can help keep your home - and you cooler



Block gaps with door snakes or twisted old towels and use velcro on each end to ensure it isn't a tripping hazard



Close your curtains or use a sheet to cover windows



Seal gaps in walls and around the doors and windows



Open doors and windows at night when the outside temperature drops

If we improve the energy efficiency of our homes, we can save money and improve our health and wellbeing in summer.

More detailed guides to keeping cool and reducing energy usage:

<https://www.sustainability.vic.gov.au/energy-efficiency-and-reducing-emissions/save-energy-in-the-home/reduce-cooling-costs-at-home/use-your-cooling-system-efficiently>

<https://www.bsg.org.au/get-involved/resources>

<https://smartrenting.org/home-energy-overview/>

Bendigo Health website - Heat Health



1800 959 400



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