



Staying Warm & Well This Winter

With winter on our doorstep, it's important to check we have done all we can to prepare our homes and families for cold, wet days ahead. We need to be particularly careful around safety issues, given the damage done to our homes and heating appliances by the Canterbury Earthquakes.

When inside, dress warmly ...
Wool is best.

Dry wet clothes outside in the winter sun rather than inside your home to prevent dampness.

Dry clothes in a spare bedroom away from the living areas of your home on a grey, drizzly day.

Outdoor heaters and barbecues should not be used inside.

Get a flu vaccination

- They are free for pregnant women
- Anyone who has a long term illness
- people aged over 65 years
- Anyone younger than 18 years.

Call your GP or check whether your employer is providing vaccinations free.

Use lined curtains and door snakes to help retain the heat.

Let the sun in to warm your home.

Pull your curtains before the sun goes down to help keep the warmth of the day in.

Try to seal gaps around window and door frames to prevent drafts.

The elderly or ill, and households with young children should heat their homes to 21°C during the day and bedrooms to 16°C at night.

Don't be afraid to ask for help, especially from your family or neighbours.

Keep an eye out for each other, especially if there are vulnerable people in your neighbourhood such as those who are elderly or unwell.

To keep safe make sure nothing flammable is within a metre of a heater especially when airing your clothes.

To help stay warm, eat warm nourishing food and have hot drinks.

Dress yourself and any children in your family in layers of warm clothing whether you are inside or out, even when you are at home.

Prevent dampness by airing your home on warm sunny days.

Remember to use your ventilation fan in your kitchen and/or bathroom if you have one.

If choosing a new heater, avoid unflued gas heaters as they produce a lot of moisture.

For many household tips and advice call the
Home Energy Advice Line 0800 388 588

**LOOK AFTER YOUR HEALTH, YOUR FAMILY, FRIENDS AND NEIGHBOURS.
STAY INFORMED AS BEST YOU CAN. ASK FOR HELP.**

More information

Canterburyearthquake.org.nz
<http://twitter.com/ChristchurchCC>
Christchurch City Council:
Community Energy Action:

(03) 941 8999
(03) 374 7222

Orion (electricity):
Quake Support & Counselling:
Earthquake Government Helpline:
CERA: www.cera.co.nz

0800 363 9898
0800 777 846
0800 779 997
0800 746 42372



Staying Warm & Well This Winter

Housing New Zealand is working to make sure tenants in state housing are able to keep their home warm this winter.

Contact Housing New Zealand's Customer Service Centre with any concerns.
0800 801 601

If your main form of heating was lost or damaged in the earthquake ring

0800 DAMAGE (0800 326 243) or email
Heating@eqr.co.nz

Fletcher EQR is working to make sure homes are weather tight and warm this winter.

Weather tight repairs will be carried out in conjunction with heating repairs.

You must have a claim lodged with EQC and be referred to the Project Management Office (Fletcher EQR)

Check the batteries on your smoke alarms and talk to your family/flat mates about a home escape plan.

Advice is available by calling the Fire Service on
0800 NZFS INFO
(0800 693 746)

Flued heaters may not be safe to use after the earthquake.

Open fires, log burners and installed gas heaters all need to be checked for safety. Even if you have used these already and they appear OK. Unseen damage may cause fire weeks or months later.

Note: Environment Canterbury will not take action if the earthquake means you need to use an open or non-compliant (more polluting) wood burner to keep warm, but make sure these are safe to use first.

Call Environment Canterbury customer services on
0800 324 636 if you are concerned about your circumstances.

A Red Cross grant is available to people who need help with their heating bills over the months of June to September.

The grant is for \$400 in total and will be made up of four monthly payments of \$100 which will be paid directly to the electricity retailer outlined on the application form.

www.redcrosseqgrants.org.nz

Staying warm this winter to help keep you and your family healthy. This is especially important for elderly people, young children and anyone with a long term illness or disability.

Warm Up New Zealand: Heat Smart Programme

This government-funded subsidy can help pay for approved insulating materials and approved installers to make older (pre-2000) houses healthier and warmer.

One-third of the total cost up to \$1300 (incl GST) is available as a subsidy.

Homeowners with a Community Services Card can get up to 60% of the total cost paid for them, with no upper limit. Some regions may offer more, as funding from local charities, lines companies or councils may be available.

An extra \$500 (\$1200 in some cases) is available for clean heaters.

One of the local providers is Community Energy Action Charitable Trust
Just call

0800 GET WARM
(0800 438 9276)

There are 14 other insulation providers. For their details contact
EECA
0800 358 676

Financial Advice

If you, your child, or your family has health issues this winter, you could be eligible for financial support from Work and Income. Financial assistance could also be available to meet essential heating needs.

Just call 0800 559 009

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