

# HOW TO IMPROVE THE HEALTH OF YOUR HOME IN SPRING + SUMMER FOR UNDER \$100



**We all know it's nice to keep warm in winter, but what happens in spring and summer when we can't get rid of the heat? Of course you can install an air conditioning unit, or perhaps a heat pump with a cooling function - but not everyone has the means to do this, so here are three cost effective solutions to help keep you and your home, cool, dry and comfortable.**

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## **1. Shading - Coolaroo Mulch Weedmat**

While this product is designed to inhibit weed growth, it will actually act as a great form of shade as it allows air flow, and adds a little bit of light through, but is strong and durable. This can be placed on the outside of your window with tape, staples or a makeshift frame to prevent heat gain inside your home, without having to spend a lot of money on installing new windows, curtains/blinds or shutters.

### **Why is this important?**

Thermal mass can kill you if you don't use it properly - in order to ensure temperatures at night time are bearable you need to block the sun out during the day. Shading the wall, roof or windows is going to help reduce summer heat gain.

## **2. Box Fan**

Position an all-purpose box fan (30cm x 30cm) in, or near, a window to help draw in cooler air from outside or pull warm air out of a room depending on the orientation.

### **Why is this important?**

A box fan will help move a lot of air. If there is air circulating in a closed room it doesn't do much to keep the occupants cool, but if you are moving cool air from outside to inside you will feel the difference both physically and mentally. As we know, in addition to feeling cooler, fresh air is healthier than recycled warm, stale air that holds inadequate oxygen. Air like this can make you feel sluggish, woozy and fatigued. This fan can be placed on a timer to bring in the cooler early morning air early which will take longer to heat up the home is closed up for the rest of the day.

## **3. Generic Door Stopper**

There are various options for door stoppers - swivelling latch, rubber wedges, cushioned stoppers, all of which are affordably priced.

### **Why is this important?**

Door or window stoppers help create a cross flow of air. If doors are open at both ends of the home the air can circulate properly blowing cool air in and transferring warm air out.

For more information please contact

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