



Your guide to a Healthy Home

An unhealthy home may affect the health and wellbeing of those who live in it. This guide will detail how together, we can create and maintain a healthy home.



Ventilation and Air Quality



Heating Your Home



Keeping Your Home Clean



Tai Calon
Community Housing

**Looking after
your health and
wellbeing is a
top priority
and providing
advice on how
to maintain a
healthy home is
just one of the
ways we want
to help.**



Protect your health, Protect your home.

As most of us spend a lot of our time at home, maintaining a healthy home will benefit you and those you may live with.

How?

Your home can significantly affect your health and wellbeing. Things like, poor indoor air quality can be as harmful as polluted air outside.

It is essential that you ventilate your home regularly and in the right way, to remove air pollution and unwanted moisture. Indoor air pollution can affect the health of you and anyone who lives in your home. Similarly, not heating your home enough can significantly affect your health and can cause damp and mould during the colder months.

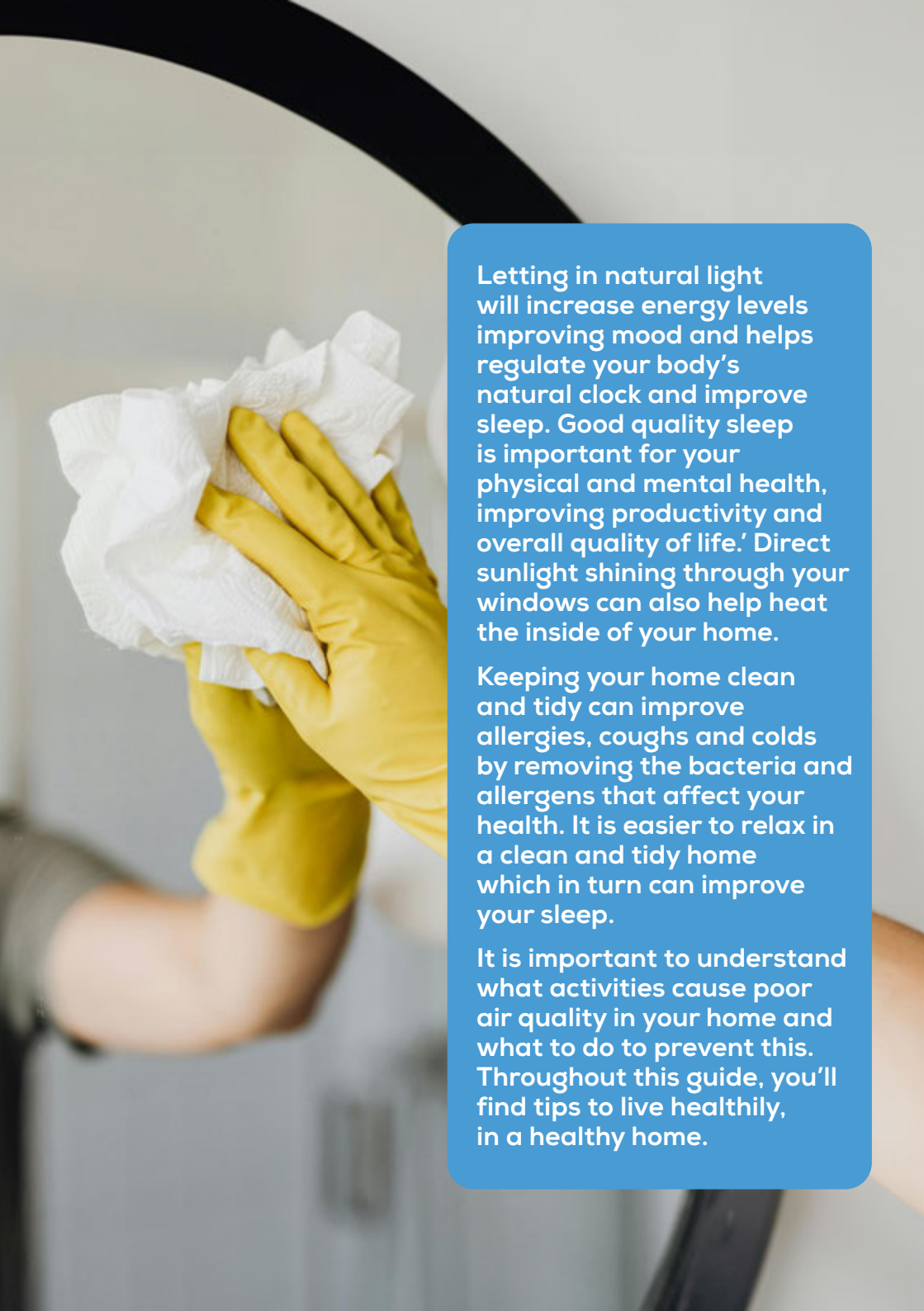
Cold houses are associated with cardio-vascular diseases, respiratory conditions, mental ill-health and minor illnesses like colds and flus. Cold temperatures can also exacerbate existing conditions, such as diabetes or arthritis.

It is estimated that **unhealthy homes** cost the NHS

£95 
MILLION
A YEAR IN
WALES.

Around **£41 MILLION** of those costs are associated with the **impact of excess cold.**

It is important that we work together to address this.

A close-up photograph of a person's hands wearing bright yellow rubber gloves. The hands are holding a crumpled white paper towel and are in the process of wiping a white, curved surface, likely a sink or a countertop. The background is slightly blurred, showing a dark, curved object and a light-colored wall.

Letting in natural light will increase energy levels improving mood and helps regulate your body's natural clock and improve sleep. Good quality sleep is important for your physical and mental health, improving productivity and overall quality of life.' Direct sunlight shining through your windows can also help heat the inside of your home.

Keeping your home clean and tidy can improve allergies, coughs and colds by removing the bacteria and allergens that affect your health. It is easier to relax in a clean and tidy home which in turn can improve your sleep.

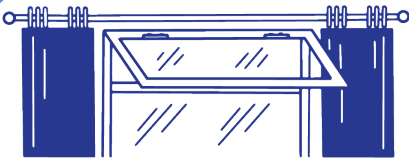
It is important to understand what activities cause poor air quality in your home and what to do to prevent this. Throughout this guide, you'll find tips to live healthily, in a healthy home.

What makes a home healthy?

Good Ventilation and Air Quality

Report any faults or issues with fans, vents, or windows to Tai Calon immediately. We will arrange for somebody to visit your home to understand any problems you are experiencing and how we can work together to resolve them.

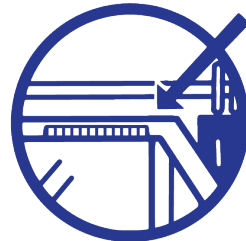
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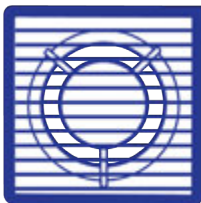
Opening your curtains and windows regularly during the day can help circulate the air to remove pollutants and moisture.

2

Make sure trickle vents on your windows are open and not blocked to allow a small amount of ventilation consistently.



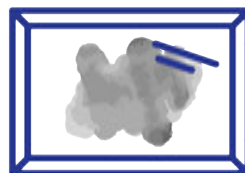
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Kitchen and bathroom extractor fans should always be turned on to help remove pollutants and moisture from the air.

4

If you see any mirrors or windows misting up open your windows until it has gone.



5



When showering or cooking, open windows during or after until the visible mist has disappeared, and mirrors or windows are no longer steamed up.

6

Dry clothes outdoors if possible. If this is not possible avoid covering radiators with clothes by using a clothes horse in the kitchen or bathroom whilst properly ventilating the room by opening the window and turning on the extractor fan.



7



New furniture, paint, candles, sprays and cosmetics will all affect air quality in your home so please be sure to ventilate your home properly by opening windows more frequently.

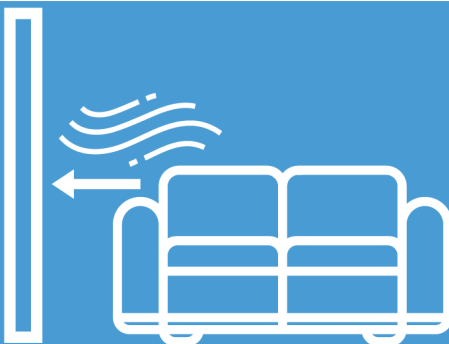
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You will need to ventilate more if you have pets (including fish tanks) or after you have had improvement works carried out to your home e.g. plastering, insulation, windows, or external doors. These can all cause a change in how your home is affected by moisture.



9

Placing furniture against colder external walls can restrict air flow around the room. Be mindful about where you place furniture and clean regularly.



10



Anyone over the age of 16 living in your home will affect the level of moisture in the home. More people showering, cooking, and even breathing will affect how often you should ventilate your home.

REMEMBER

If there are more than two people living in your home over the age of 16 and you are worried about indoor air quality please let us know.



Heating Your Home Well

We know for the vast majority of our customers the cost of rising energy bills is your top concern. If you're having difficulties heating your home, please get in contact with us so we can support you. We would be happy to provide any advice or help we can. This may include a visit to your home to provide specialist advice.

1

Stay warm during colder days using your heating effectively by keeping a constant, steady temperature rather than quick blasts of heat.

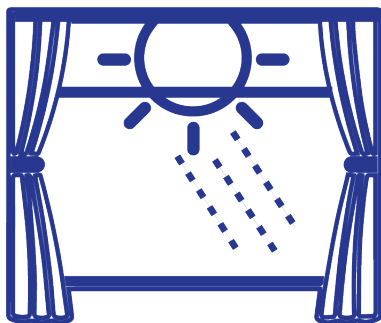


3

For healthy adults, you should heat your home to a room temperature that feels comfortable. To avoid mould in your home, you should never let the temperature fall below 14 degrees Celsius. This includes rooms you don't use regularly, such as spare bedrooms.

4

Open curtains during the day to take advantage of the natural light, which will help to heat your home. Close curtains at night to keep the heat in your home.



2

The Energy Saving Trust recommends heating your home to 18 to 21 degrees Celsius during winter.

The World Health Organisation (WHO) suggests 18 degrees is ideal. However, the WHO recommends 21 degrees, is perfect for older people, young children, or unwell people.

Keeping Your Home Clean

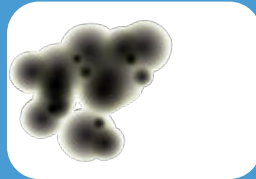
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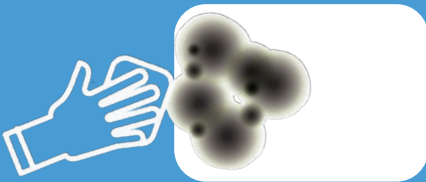
Regularly clean your home to prevent the build-up of bacteria and allergens including mould to keep a healthy environment.

2

Mould forms on cold surfaces and areas of restricted airflow clean these areas more frequently.



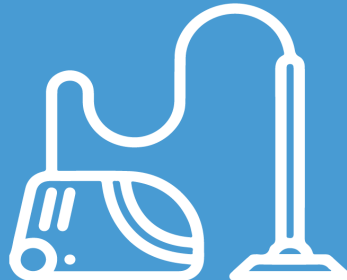
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Clean small areas of mould when it first appears and include as part of your regular cleaning regime. Mould sprays are available from high street shops.

4

Vacuum, dust, and treat mould areas weekly. Change bedding weekly and wash at 60 degrees. Keep surfaces clutter-free and use a damp cloth for cleaning.





It is estimated that
falls in the home
cost the NHS

**£2.8 MILLION
A YEAR**

Preventing slips, trips and falls.

Tips for preventing falls in the home include:

- Immediately cleaning up spillages
- Removing clutter, trailing wires and frayed or loose carpets
- Making sure all rooms, passages and staircases are well-lit
- Organising your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things.
- Getting help to do things you're unable to do safely on your own
- Don't walk on slippery floors and wear well-fitting shoes that support your ankle
- Not wearing trailing clothes that might trip you up

How we can help

If you're having difficulties heating your home or keeping your home clean, please get in contact with us so **we can support you.**

If you need help or any advice on ventilation, heating, or supporting a healthy home, contact us on **0300 303 1717** or **talktous@taicalon.org**

If you want more information on how to help maintain a healthy home visit our website **www.taicalon.org**

Let's work together to create a home that keeps you and those you may live with healthy.

Your wellbeing is our priority.



DO YOU NEED A DIFFERENT FORMAT?

If you would this document in a different language please contact our customer services.

