



**He kupu whakamahiri  
kia noho mahana ai,  
noho maroke ai te kāinga**



# Key tips for a warmer, drier home

This toolkit was created with a range of health and social service providers and Māori, Tongan and Samoan communities.

These tips will help you to shape your conversations with families, empowering them to keep their homes warmer and drier and prevent germs from spreading.

You can choose which tips to share, depending on the families you work with, and the relationships you have with them. If you feel any of the tips are inappropriate for the family,

please feel free to leave them out of the conversation. The information on the back of each tip is to guide your discussions with families and can be adjusted to suit different situations.

If families choose to follow even just a couple of these key tips, they may be able to make their home significantly warmer, drier and more comfortable to live in. They may also reduce the likelihood of a family member contracting rheumatic fever or other respiratory illnesses.

## Why?

In a warm, dry home the family may have more space to spread out around the home, rather than having to crowd in the same room. Having more warm rooms and more sleeping spaces available means germs such as strep throat, which can lead to rheumatic fever, are less likely to spread.



*Preventing Rheumatic Fever*

# Tēnā koutou, Talofa, Mālō e lelei

Keeping your family healthy this winter means keeping your home warm and dry.

Three wonderful families generously welcomed us into their homes to share some of the most important things they do to achieve that.

It's all part of stopping sore throats hurting hearts.

**We asked each of the families this question**

**“What does family mean to you?”**



Margaret and Haki (4 children)

**“Everything together, all as one”**



Sili and Langi (7 children)

**“My Aiga means my heart”**



Noelini and Paul (4 children)

**“Fāмили to me is everything”**

# Tēnā koutou, Talofa, Mālō e lelei

Meet the families that helped us to create  
this resource to share with you.



Margaret and Haki (4 children)



Sili and Langi (7 children)



Noelini and Paul (4 children)

# He aha te tino take kia noho mahana ai, noho maroke ai te whare?



Mēnā he mahana, he maroke hoki tō whare, e kore pea ngā meroiti pērā i te korokoro mamae e hōrapa haere. Mēnā ka waiho noa te korokoro mamae, tērā pea ko te mate rūmātiki te mutunga mai.

Pēnā, ka whāia e koe e rua noa iho o ēnei kupu whakamahiri tērā ka māmā te utu mōu hei whakamahana, hei whakaahuru hoki i tō whare, waihoki ko tāu he tiaki i tō whānau kia ārai atu i te pānga mai o ngā momo mate, o tētahi mate taumaha rānei.



## I mōhio rānei koe?

Mēnā e noho maroke ana a roto o tō whare, ka māmā ake kia whakamahana, ā, ka iti iho te utu whakamahana.

## He aha te mate rūmātiki?

Ko te mate rūmātiki he mate kino ka taea te ārai atu, engari ka taea tonu te tūkinu i te manawa, ā, ko te korokoro mamae, arā, ko te strep throat tōna takenga mai.

## Ko wai mā ka pāngia e te mate rūmātiki?

Ki Aotearoa nei, ko ngā tamariki Māori, ko ngā tamariki Pasifika me ngā taiohi mai i te 4 ki te 19 tau tērā e kaha pāngia e te mate rūmātiki - mēnā kua pāngia anō ētahi atu o te whānau e te mate rūmātiki. Ko te kāinga noho apiapi te wāhi kaha ake te mōrearea ki te tangata.

# Why is it important to keep your home warm and dry?

## What is rheumatic fever?

- A serious disease that can damage the heart, and it starts with a type of sore throat called a strep throat.
- Most sore throats aren't strep throat and will heal naturally, but a strep throat needs to be treated with a full course of antibiotics to stop it turning into rheumatic fever.
- In a small number of people, an untreated strep throat leads to rheumatic fever 1 to 5 weeks later. This can cause the heart, joints, brain and skin to become inflamed and swollen.
- The more untreated strep throats someone has, the higher their risk of getting rheumatic fever.
- In New Zealand, Māori and Pacific children and young adults aged 4 to 19 years are more likely to get rheumatic fever – especially if they have other whānau who have had it. Overcrowded homes put people at higher risk.
- Rheumatic fever can lead to rheumatic heart disease. This is where there is scarring of the heart valves. This stops valves from working properly.
- Children who have had rheumatic fever will need to get monthly injections for at least 10 years, and may need heart valve replacement surgery.
- For a child, it may also mean they aren't able to play sport or do other things that put a strain on their heart.

# Kia noho mahana ai tō whare



## KUPU WHAKAMAHIRI:

**Whakatuwheratia ngā ārai  
i te awatea, ā, katia i te pō.**

I te awatea, uru mai ai te mahana mā ngā matapihi. Mā te kati i ngā ārai i mua i te tōnga o te rā e mahana ai a roto, e ārai atu ai i te anu mātao i te pō.

# Keeping your home warm



**TIP: Open your curtains during the day and close them at night.**

## Discuss why:

- ↑ Sunlight warms your home during the day, but the night air can make your home colder
- ↑ Curtains will keep the heat in and the cold out at night
- ↑ There might be a curtain bank in your area where you may be able to get curtains for free
- ↑ If you choose to use alternative window coverings (for example, sheets or lava lava) try to get a snug fit around the window frame

Because they are cotton, they won't be as effective as lined curtains that reach the floor at blocking the cold evening air. They will still need to be opened during the day.

Add your local curtain bank details here:

# Kia noho mahana ai tō whare



## KUPU WHAKAMAHIRI:

**Katia te urunga mai o te hau mātao mā te puru i ngā puare huri noa i ngā tatau, ngā matapihi me ngā pākaiahi.**

Mā te kati i te urunga mai o te hau mātao e māmā ai te whakamahana i tō whare, ā, ka iti iho te utu whakamahana whare.

# Keeping your home warm



**TIP: Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.**

## Discuss why:

↑ **Stopping draughts can make your home warmer, by preventing cold air entering your home.**

↑ **To block draughts around doors:**

- there might be a curtain bank in your area where you can get a draught stopper cheaply
- sew your own draught stopper
- use an old dry towel or something similar like old blankets or curtains.

↑ **To block draughts around windows:**

- use weather stripping – you can buy it from a hardware store
- make sure hinges, catches and latches are tight.

↑ **To block draughts from a fireplace that isn't being used:**

- use a rubbish bag filled with shredded newspaper to plug the flue; if you choose this option, make it very obvious that the rubbish bag is to stop draughts and is not fuel for the fire!

Add your local curtain bank details here:

# Kia noho mahana ai tō whare



## KUPU WHAKAMAHIRI:

**Me titiro anō kia mōhio ko te momo whakamahana kei a koe ko ia te mea tika mō tō whare.**

Ki te tika te momo whakamahana mō tō whare, ka māmā ake te whakamahana i te whare, ka mutu, ka iti iho te utu whakamahana.

Mō ia momo whakamahana, he rerekē te rahi o te whakatōtā ka puta - kōwhiria te momo he iti anō te whakatōtā ka puta i a ia.

# Keeping your home warm

**TIP: Check you have the best heating option for your home.**

## Discuss why:

⬆ **There are many heating options, and some are safer and cheaper to run than others.**

⬆ **Recommended heating options are:**

- Electric heater with a thermostat
- Gas heater with chimney [flue]
- Heat pump
- Modern pellet or wood burner.

**If you're worried about your power bill, talk to your power company - they might have solutions to help, such as a pay-as-you-go or smooth pay option.**

⬆ **If you use an electric heater with a thermostat and have kids or elderly people in the house:**

- set the thermostat at around 20 degrees during the day
- set the thermostat at around 16 degrees in bedrooms at night.



⬆ **A portable gas heater is not recommended because:**

- it doesn't have a chimney (flue) to carry the harmful gases outside or away from your home
- it releases lots of moisture into the air. This makes your home damp and causes condensation
- it can be a fire risk. Anything too close can catch fire quickly
- if you do use one, keep at least one window open. Never use it in bedrooms.



# Kia noho mahana ai tō whare



## KUPU WHAKAMAHIRI:

**Rapua mēnā kua āraia kētia tō whare. Mēnā kāore anō, tērā pea ka whakaaetia kia āraia tō whare mō te kore utu.**

Ko te āraitanga tētahi tikanga pai kia noho mahana tonu tō whare.

# Keeping your home warm



**TIP: Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free**

## Discuss how:

↑ **You might qualify to have ceiling and underfloor insulation installed for free if:**

- your home (or the home that you rent) was built before 2000
- and you have a Community Services Card
- and you have children aged under 17 years and/or people aged over 65 years living in the home
- or you have health issues related to cold, damp housing.

↑ **Free call EECA ENERGYWISE on 0800 358 676 or visit [energywise.govt.nz/your-home/insulation](http://energywise.govt.nz/your-home/insulation) for more information.**

↑ **Some local councils have programmes that could help you get free or subsidised insulation. Contact your local council to find out what is on offer in your area.**

↑ **If you have a Community Services Card and find you need to move, you may still be eligible to get help with insulation at your new place.**

↑ **The priority for insulating your home should be:**

1. Ceiling
2. Underfloor.

Add your local insulation scheme contact details here:

# Kia noho mahana, noho maroke ai tō whare



## KUPU WHAKAMAHIRI:

**I ia rā, waiho ngā matapihi  
kia tuwhera ana mō te wā  
poto.**

He painga anō tō te hau pūangi mō  
roto o te whare, ka māmā ake  
te whakamahana, ka maroke hoki  
tō whare, ā, he iti iho te utu  
whakamahana whare.

# Keeping your home warm and dry



**TIP: Open your windows (ventilate) for at least a few minutes each day.**

## **Discuss how:**

### **↑ To get fresh air into your home:**

- Open windows for at least a few minutes each day, in each room, even in winter.

# Kia noho maroke ai tō whare



## KUPU WHAKAMAHIRI:

**Whakatuwheratia ngā matapihi o te kīhini ina tunu kai ana koe, o te rūma kaukau hoki ina horoi ana koe, hei putanga mō te mamaoa me te korohū.**

Mā te mahi pēnei e noho maroke ai tō whare, e māmā ai te whakamahana i te whare, ka mutu, ka iti iho te utu whakamahana.

# Keeping your home dry



**TIP: Open windows (ventilate) in the kitchen when you cook, and in the bathroom when you shower or take a bath, to let steam out.**

## **Discuss how:**

### **↑ To let steam out:**

- open windows in the kitchen when you cook
- open windows in the bathroom when you shower or take a bath.

**↑ Extractor fans also let steam out, so if you have one in your kitchen or bathroom, this is a good time to use it.**

# Kia noho maroke ai tō whare



## KUPU WHAKAMAHIRI:

**Mukua atu ngā haukū i ngā pakitara, i ngā matapihi anō hoki.**

Mā te mahi pēnei e noho maroke ai tō whare, e māmā ai te whakamahana i te whare, ka mutu, ka iti iho te utu whakamahana.

# Keeping your home dry



**TIP: Wipe off any water that has collected (condensation) on walls and on the inside of windows.**

## **Discuss why:**

- ↑ **Condensation builds up very easily on the inside of a home (especially if it is very cold outside). So it's really important to ventilate to stop condensation**
- ↑ **Condensation makes your rooms feel damp - dampness can cause mould to grow**
- ↑ **Wiping off condensation removes water that has built up over time in your home**
- ↑ **Hang the wet cloth used to wipe up the condensation outside to dry.**

# Kia noho maroke ai tō whare



## **KUPU WHAKAMAHIRI:**

**Whakamarokehia ō kākahu i waho, i roto rānei i te whare motokā.**

Mā te mahi pēnei e kore ai ō kākahu e haukū.

# Keeping your home dry



**TIP: Dry your washing outside or in the garage or carport.**

## **Discuss why:**

- ↑ **As washing dries, the water in it goes back into the air. If you dry clothes inside your home then the air gets damp**
- ↑ **Drying washing outside means you will avoid condensation building up inside your home**
- ↑ **If you do dry your washing inside the garage, you still need to ventilate (otherwise your garage can get damp and mouldy)**
- ↑ **Doing this helps to keep your home dry, which makes your home easier to heat and reduces the cost of heating.**

# Te whakawātea atu i te pūhekaheka



## KUPU WHAKAMAHIRI:

**Whakamahia te whakatoki, i te winika mā rānei hei whakakore atu i te pūhekaheka i te tuanui, i ngā pakitara hoki.**

Tipu ai te pūhekaheka i ngā wāhi haukū, wāhi mākū hoki, ā, ka pā ki te oranga o te whānau.

# Removing mould from your home



**TIP: Use bleach or white vinegar to remove mould from ceilings and walls.**

## Discuss how:

↑ **Once a week, wash mould off walls and ceilings using either a bleach solution or white vinegar. Never mix bleach and vinegar.**

### ↑ If using bleach:

1. Add 2 teaspoons of bleach to 1 litre of water
2. Put the solution into a clean spray bottle and spray directly on to the mould or use a sponge

3. If the mould is in a tricky corner, wipe the solution on with a clean cloth or an old toothbrush
4. Wait for at least 15 minutes
5. Wipe off the solution with a sponge or cloth and warm soapy water
6. Rinse the sponge to help stop the mould from spreading
7. Dry the sponge or cloth outside.

### ↑ If using white vinegar:

- Don't add any water
- Follow steps 2 to 7 above.

**If mould comes back after you've cleaned it off, try to make sure the area is getting good ventilation by opening windows.**

# Te aukati meroiti kia kore ai e hōrapa haere



## KUPU WHAKAMAHIRI:

**Me wehe tonu te takoto a ngā tamariki e moe ana.**

Ka maramare, ka tihe hoki ngā tamariki i a rātou e moe ana, mā reira e hōrapa ai ngā meroiti pērā i te korokoro mamae i waenga i ngā tamariki.

# Preventing germs from spreading



**TIP: Create as much space as possible between the heads of sleeping children.**

## **Discuss why:**

- ↑ **The further apart that kids' heads are while sleeping, the harder it is for germs such as strep throat to spread**
- ↑ **Bunk beds are a good way to keep kids' heads apart. For safety, only children over 9 years old should be in the top bunk.**

# Te aukati meroiti kia kore ai e hōrapa haere



## KUPU WHAKAMAHIRI:

**Mēnā ka moe takirua  
ō tamariki, ko te moe  
whakarunga, whakararo  
tētahi āhuatanga pai kia  
kore ai te māhunga  
o tētahi tamaiti e pā  
ki tētahi atu.**

Ka maremare, ka tihe hoki ngā tamariki i a rātou e moe ana, mā reira e hōrapa ai ngā meroiti pērā i te korokoro mamae i waenga i ngā tamariki.

# Preventing germs from spreading



**TIP: Top and tailing – also sometimes called top and toeing – is a good option for creating space between the heads of sleeping children, if your children share a bed or mattress.**

## Discuss why:

↑ **The further apart that kids' heads are while sleeping, the harder it is for germs such as strep throat to spread.**

**There may be cultural or other reasons why this tip may not be appropriate to discuss with some families. It's your choice whether to share this tip or not, depending on the circumstances of the families you work with, and the relationships you have with them.**

# Mēnā ka pāngia tō tamaiti e te korokoro mamae



- Kia kua e aro kore.
- Haria atu ki tētahi Whare Korokoro Mamae, kia āta tirohia marietia e tētahi tākuta, nēhi rānei.
- Waea atu ki Healthline ki 0800 611 116 ki te kimi āwhina, mēnā rā kei te māharahara anō koe mō tō tamaiti.
- Ki te tukua mai he rongoa mō tō tamaiti, me whai kia kainga e ia mō te katoa o te 10 rā - ahakoa kua piki te ora, kia kore ai e huri hei mate rūmātiki.

# If your child gets a sore throat

**SORE  
THROATS**



**RHEUMATIC  
FEVER**



**HEART  
DAMAGE**

- Even you follow all of the tips I've shown you, sometimes kids still get sore throats.
- If your child has a sore throat, take them to a doctor or nurse straight away to get it checked.
- There might be a free sore throat clinic near you. Call Healthline free on 0800 611 116 or visit [www.health.govt.nz/sorethroatclinics](http://www.health.govt.nz/sorethroatclinics) to find the closest one.
- You can also ring Healthline on 0800 611 116 if you're worried about your child. It's free and nurses are there 24 hours a day, 7 days a week to offer advice.
- Your child will be given antibiotics if they have strep throat. If your child is given antibiotics, make sure they take them for the full 10 days – even if they feel better, to prevent the sore throat turning into rheumatic fever.
- If your child is diagnosed with strep throat, then anyone else living in your home aged between 3 and 35 years who also has a sore throat can get it checked and treated for free at a sore throat clinic.
- Treating everyone living in your home will help prevent strep throat spreading in your household. Strep throat can be caught again and must be treated each time.

# Tēnā koe

Tēnei te mihi ki te hunga nāna nei i tautoko mai, i āwhina mai kia whanake te rauemi nei, rōpū mai, whānau mai, tāngata takitahi mai, tēnā rawa atu koutou katoa.

- Alliance Health Plus Trust
- Auckland District Health Board
- East Tamaki Healthcare
- Eastern Bay of Plenty Health Alliance
- Family Start
- Health Star Pacific Trust
- Kakano Early Childhood Centre
- Kidz First Children's Hospital and Community Services
- Kokiri Marae Health & Social Services
- Mana Kidz
- Manaia Health Primary Health Organisation
- Maraeroa Marae Health Clinic Inc
- National Hauora Coalition
- Ngāti Porou Hauora
- Northland District Health Board
- Ora Toa Health Services
- Pacific Health Service Porirua
- Pacific Health Service Hutt Valley
- Penina Health Trust
- Ringa Atawhai Trust
- South Seas Healthcare Trust
- The Fono Health and Social Services
- Tu Kotahi Māori Asthma Trust
- Turanga Health
- Turuki Health Care
- Weymouth Early Discoveries Centre

Mēnā he whakaaro ōu, he whakahokinga kōrero rānei hei āwhina i a mātou ki te whakapai ake i tēnei rauemi, ki te hiahia kape rānei, me whakapā atu ki [info@moh.govt.nz](mailto:info@moh.govt.nz)

Mō ētahi atu kōrero mō te mate rūmātiki me te Rheumatic Fever Prevention Programme toro atu ki [rheumaticfever.health.govt.nz](http://rheumaticfever.health.govt.nz)

# Summary of key tips

**Following these tips will keep your home warmer, drier and healthier.**

- 7** Open your curtains during the day and close them at night.
- 9** Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.
- 11** Check you have the best heating option for your home.
- 13** Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free.
- 15** Open your windows (ventilate) for at least a few minutes each day.
- 17** Open windows (ventilate) in the kitchen when you cook, and in the bathroom when you shower or take a bath, to let steam out.
- 19** Wipe off any water that has collected (condensation) on walls and on the inside of windows.
- 21** Dry your washing outside or in the garage or carport.
- 23** Use bleach or white vinegar to remove mould from ceilings and walls.
- 25** Create as much space as possible between the heads of sleeping children.
- 27** Top and tailing – also sometimes called top and toeing – is a good option for creating space between the heads of sleeping children, if your children share a bed or mattress.

