

# Keeping Warm In Winter In Your Home

No or low-cost actions to reduce energy use and stay warm and well at home:



Keep yourself warm, not the whole room. Use a blanket, beanie, hot water bottle, or a plug-in heated rug.



Manage the living space by zoning. Close off the room where you spend most of your time.



Live in the warmer, north-facing parts of your home.



Consider bubble wrap or a reflective screen on windows. It might not look great, but it helps keep your home, and you, warmer.



Block gaps under doors with door snakes or rolled-up towels. Use Velcro on each end to keep them in place and prevent tripping hazards.



Close your curtains or use a sheet/blanket to cover windows.



Seal gaps in walls and around the doors and windows.



Place rugs or carpet offcuts on the floor.

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

More detailed guides to keeping warm in your home and reducing energy usage:



<https://environmentvictoria.org.au/resource/10-tips-warm-house/>



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



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

