

# Keeping Warm at Home

We would like you to try and carry out as many of these 'small actions that make a big difference' as you can. Please tick the ones you do or have done already, as this will help us to work out the reduction in CO2 you have made for your household.

## Windows and Doors – Draughts; if you feel cold coming in then heat is also escaping!

	Action	Already do this	Done this
1	Draw the curtains at dusk. A lot of heat is lost through windows as the cooling outside air draws it out.		
2	Line your curtains to keep even more heat in.		
3	Hang door curtains.		
4	Fill the gaps around draughty windows, doors and skirting boards; a little putty goes a long way!		
5	Cover up key holes letterboxes and cat flaps.		
6	Avoid leaving doors and windows open. If you need to air a room, close the door, switch the heat in the room off and then open the window wide for 5 minutes. This is enough time for air to exchange.		



## Heating

	Action	Already do this	Done this
1	Avoid leaving doors and windows open. If you need to air a room, close the door, switch the heat in the room off and then open the window wide for 5 minutes. This is enough time for air to exchange.		
2	Avoid leaving doors and windows open. If you need to air a room, close the door, switch the heat in the room off and then open the window wide for 5 minutes. This is enough time for air to exchange.		
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## Insulation

	Action	Already do this	Done this
1	Have loft insulation fitted. Talk to your local council about how they may be able to assist with this.		
2	Have cavity wall insulation. Again talk to your local council about how they may be able to assist with this.		
3	Put a jacket on your hot water tank. This can reduce heat loss by 75%. If it's already insulated but the jacket is less than 80mm thick then add another one. This is something else your local council may be able to assist with.		

