

WHAT YOU CAN DO IN HOT WEATHER

THIS LEAFLET WILL TELL YOU MORE



Temperatures can rise really high in summer. If a hot spell (over 25°C) lasts for a while, it may cause you problems. With that in mind, it is important to keep your head and home as cool as possible. This leaflet tells you more about how to do so.

Heat stress

Heat stress occurs when you (or your pets) cannot cool down enough during hot days. This can really cause you problems. You may feel tired, dizzy or nauseous. You may also get a headache or become dehydrated.

On top of that, you may struggle to focus, and you may not sleep as well as you normally do. All in all, this can really bother you if the hot spell lasts a long time. It's best to keep your home cool during such periods.

WHAT CAN YOU DO TO KEEP YOUR HOME COOL?

If it is hot for a long time, your home will heat up more and more. It is important to keep your home cool right from the start of a hot spell. You can read how to do so below.



HERE'S HOW TO KEEP YOUR HOME COOL ON HOT DAYS



1

Make sure the sun doesn't shine in. The best way to keep the heat out is with external solar shading, such as a roller shutter. If you don't have solar shading, close the curtains or blinds. If so, it is important that your curtains aren't black or dark, and that they do not let any light through. They also need to sit flush with the wall. You can have a gap at the top or bottom to let air in via the grille (once it is cooler outside than inside). You can also put your window in the tilt position.



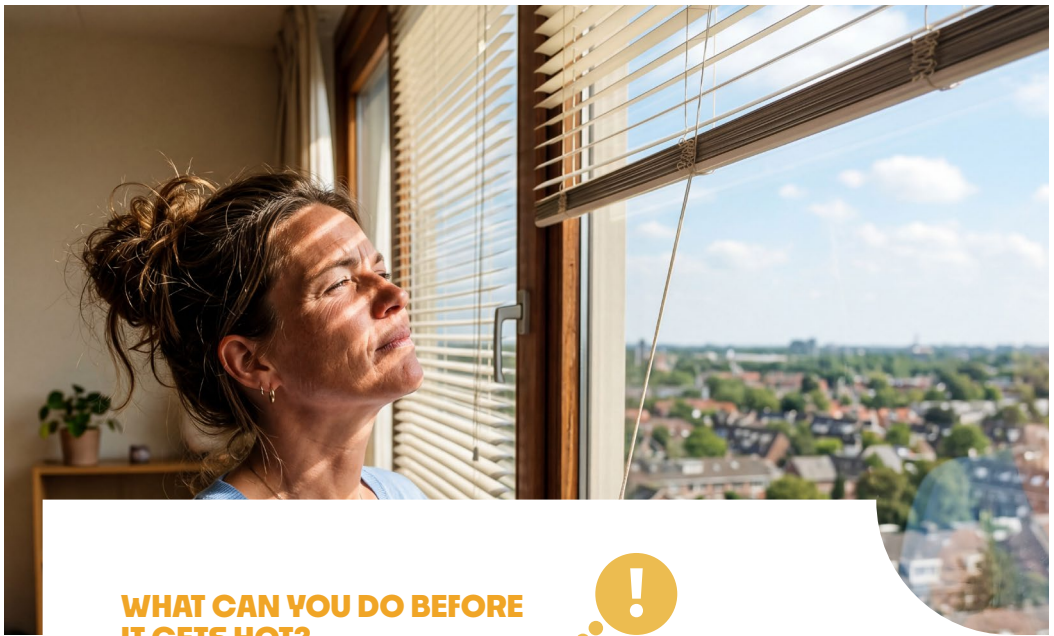
2

Is it hotter outside than inside? If so, keep doors and windows closed to keep the heat out. If you do want to open a window, do so on the cool shady side of the house, preferably near some greenery. It will be cooler there than near any paving.



3

Open your windows once it gets cooler outside. Allow your home to cool down properly and open any interior doors too so that the air can flow through. Be careful not to make things too easy for burglars!



WHAT CAN YOU DO BEFORE IT GETS HOT?



1

Get proper solar shading. This helps you keep the sun and heat out. External solar shading works best. If that's not possible, use blinds or curtains. An umbrella or shade sail can help too. If you keep any paving in the shade, it will get less hot, which in turn reduces heat in your home.



2

Make sure you can ventilate at night.

Make sure you can open windows safely at night. For instance, install a window bar or a security window lock. Insect screens or a mosquito net help keep out any annoying mosquitoes. Please note that an insect screen will keep up to 50% of the heat inside. In other words, your home will take longer to cool down. Placing a fan in front of the window to blow cool air in can help too.

DID YOU KNOW...

THAT SUNRISE IS THE COOLEST TIME OF DAY?
IT'S THE BEST TIME TO VENTILATE YOUR HOME IF YOU PREFER NOT TO LEAVE ANY WINDOWS OPEN OVERNIGHT.



3

Make the area around your home cooler. Trees and shrubs provide shade. A garden centre will be able to advise you on suitable plants for your home or balcony. Make sure you don't pave your entire garden, as slabs or tiles retain heat. Plants and water have a cooling effect, and rainwater will also be able to drain more easily.

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MORE TIPS FOR A COOLER HOME?

➔ CHECK OUT OUR WEBPAGE:
www.woonbedrijf.com/tips-voor-de-warme-dagen

Important

You need permission from Woonbedrijf for solar shading on the outside of your home. For safety reasons, the same applies to modifications to doors and windows.

You can find out more on www.woonbedrijf.com/woning-aanpassen. You can also apply for permission on this site.

Contact

Got a question or want to contact Woonbedrijf? Simply fill in the contact form on www.woonbedrijf.com. Or call us on 040 243 43 43.

