Black Country Housing Group

Stay Cool & Breathe Easy This Summer

Your guide to reducing heat and improving air quality at home

Why does it matter?

During hot weather, indoor temperatures can rise quickly. This affects:

- Your comfort and sleep

- Your health, especially if you have asthma or heart conditions

- The air quality inside your home

Signs of Excess Heat & Poor Air Quality

If you notice:

- Stuffy or stale air -> Poor ventilation

- Headaches, dizziness, or fatigue -> High heat or low oxygen levels

- Damp smells or condensation -> High humidity, risk of mould

- Hard to sleep -> Overheating

- Sneezing or coughing indoors -> Dust or allergens in the air

What You Can Do

Keep Air Flowing:

- Open windows on opposite sides early morning or late evening to create a breeze.

- Use extractor fans in kitchens and bathrooms.

- Don't block vents or trickle vents.

Improve Air Quality:

- Avoid dry dusting - use a damp cloth.

- Ventilate after cleaning or using sprays.

- Use a low-energy fan with windows cracked open.

Manage Heat Inside:

- Keep blinds or curtains closed during the day.

- Switch off unnecessary electrical devices.

- Drink water and avoid heavy meals during peak heat.

Long-Term Tips:

- Use indoor plants (like peace lilies or spider plants) to help clean the air.

- Report any damp, mould or broken fans/vents to us quickly.

Need help?

If your home is regularly:

- Overheating, even with windows open

- Smelling musty or causing health issues

Please contact us. We can check:

- Room temperature and humidity

- Ventilation systems

- Signs of condensation or mould

Call us on: 0300 555 0302

Visit: https://www.bchg.co.uk