

UK Households Advised to Close Windows at Night

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As Britain experiences a seasonal shift from summer warmth to cooler autumn evenings, households across the UK are being urged to take a simple precaution: keep windows closed from 7pm each evening for the next month. Experts say this measure can help protect homes from unwelcome visitors as temperatures drop.

Autumn marks the start of spider season in the UK, when these eight-legged creatures begin moving indoors in search of warmth and shelter. While the majority are harmless, some species, such as the noble false widow spider (*Steatoda nobilis*), have become increasingly common in British homes. Though bites are rare, they can produce symptoms similar to a bee or wasp sting, including pain, swelling, and, in occasional cases, fever.

Alan Reid, a windows specialist at Art Windows and Doors, emphasised the importance of early precautions. “Male house spiders and false widows are on the move, and homes with open windows are particularly at risk of infestation. Sealing gaps and closing windows in the evenings now will reduce the chance of spiders entering properties,” he said.

Residents are advised to adopt a combination of simple measures to keep spiders out. Shutting windows from 7pm onwards is considered the most effective immediate step, as spiders are most likely to enter homes around twilight. Beyond this, homeowners can inspect doors, windows, vents, and other potential entry points, applying sealant or weather stripping where gaps are found.

In addition to structural measures, natural deterrents can offer an extra layer of protection. Essential oils such as peppermint, tea tree, or lavender, diluted with water and sprayed around likely entry points, can help repel spiders without the use of chemicals.

Maintaining a clean household environment is also key. Regular dusting and vacuuming remove both spider webs and potential food sources, making the home less inviting to arachnids. Areas such as corners, skirting boards, cupboards, and storage spaces should be kept tidy and free of clutter.

While false widow spiders are increasingly reported in UK homes, it is important to note that serious incidents remain uncommon. Most spiders encountered indoors are not dangerous, and bites requiring medical attention are rare. Nevertheless, adopting preventative measures now can spare residents from surprises later in the season.

The advice comes as the UK braces for cooler temperatures following a brief period of late-summer warmth. Meteorologists predict that evenings will become noticeably cooler, particularly in northern and central regions. The combination of dropping temperatures and earlier nightfall creates an environment that encourages spiders to seek shelter inside homes.

Public awareness campaigns and local media outlets, including the Manchester Evening News, have highlighted the importance of these seasonal precautions. Authorities advise that residents of all property types, whether urban apartments or rural houses, take similar steps to limit spider access.

For those particularly concerned about false widow spiders, further steps can be taken. Regular inspection of garden sheds, garages, and loft spaces can help detect and remove spider nests before they become a problem. Using gloves when handling stored items in these areas can prevent accidental bites.

Ultimately, taking action early is both straightforward and effective. By keeping windows closed from 7pm, sealing gaps, employing natural deterrents, and maintaining cleanliness, UK households can enjoy the autumn months without unwelcome eight-legged visitors. Simple precautions today can prevent inconvenience or anxiety tomorrow, allowing residents to focus on seasonal activities rather than household pests.