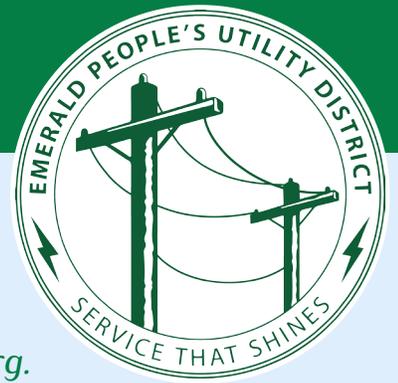# SIZZLING SUN: Tips to Keep Cool

If your home doesn't have a permanently installed cooling system, contact Emerald to learn about energy saving ductless heat pumps. We may be able to offer a rebate to help you keep cool!

Find more tips for surviving the sizzling summer sun at www.epud.org.

TIPS TO HELP YOU KEEP COOL

1. Avoid using the oven. Cook on the stovetop, use a microwave or grill outside.

2. Early in the day or late at night, wash only full loads of dishes and clothes. Air dry dishes and clothing.

3. If you have a ceiling fan, remember to run your fan's blades counter-clockwise to blow air downward and create a cooling breeze. Remember, the fan's wind chill effect helps YOU to cool down, but it does not cool the room. If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.

4. When taking a shower or bath, use the bathroom fan to remove heat and humidity from the air.

5. Cut down on activities that produce a lot of heat, such as running a computer or dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

6. When it cools off at night, turn off your cooling system and open your windows while sleeping. When you wake in the morning, shut windows and blinds to capture cool air.

7. Set your thermostat as high as is comfortably possible. Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling.

8. Avoid setting your thermostat colder than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

9. Stay hydrated! Drink plenty of water and schedule frequent rest breaks in shaded or air conditioned environments.

10. During heat waves, stay in frequent touch with elderly relatives and neighbors. Make sure pets have adequate shade and water available.

*Source: U.S. Department of Energy, **energy.gov***