

# Cooling Tips

## Save Energy

Reduce your energy use and save money by following these tips:

- Don't turn your air conditioning off when you leave the house. Heat build-up in the walls and furniture makes it harder for your system to remove the heat when you return. Instead, set the temperature up five to ten degrees, but not off.
- Set your thermostat as high as comfortably possible in the summer. Only use your air conditioner when the temperature is above 78 degrees Fahrenheit.
- Use ceiling fans to provide additional cooling and better air circulation. Run the blades counter-clockwise (downward) to cool more efficiently. Ceiling fans cool only people, not the room so remember to turn ceiling fans off when you leave the room.
- Use an exhaust fan to blow hot air out of your kitchen while cooking. You'll save more in cooling costs than the electricity to run the fan.
- To avoid activities that add heat and humidity to your home during the hottest parts of the day, consider the following:
  - Cook outside on the grill instead of using the oven whenever possible.
  - Use your microwave or other countertop appliances in place of the oven.
  - Postpone laundry and dishwashing until nighttime when the outside air is cooler.
  - Let dishes air dry in the dishwasher rather than using the drying feature.
- Minimize the number of times that outside doors are opened and closed. Hot air from outside enters your home every time the doors open.
- Keep window coverings closed during the day to prevent heat gain from the sun.
- Replace incandescent bulbs with high efficiency compact fluorescent lights. They use 75 percent less energy, produce about 75 percent less heat, and provide the same amount of light.
- Keep shrubbery and flowers away from your central air conditioner's outdoor heat exchanger. This restricts its ability to release warm air and lowers its efficiency.