

Hot Tips for a Cool Summer

Keeping Your House Cool

- Set your thermostat to 78 or the highest comfortable temperature. Each degree cooler than 78 will increase your bill as much as 3%. If you're going to be away for an extended period, set your air conditioner to 80 degrees or higher.
- Place window and central air conditioning units on the shady or north side of your home when possible. When using window units, shut doors to unused rooms, and close floor or wall registers used for heating.
- Install solar screens or films on sunny windows to reduce heat gain in your home, thus reducing air conditioning costs.
- Keep air conditioner filters clean. Aluminum mesh filters should be washed and fiberglass filters should be replaced monthly.
- Close shades and drapes on the sunny side of the house during the day to keep light and heat out., but don't block air vents with curtains, shades or furniture.
- Keep the cool air in your home circulating with ceiling, oscillating or box fans. Circulating air makes you feel cooler and allows you to set your thermostat higher.
- Use kitchen and bathroom exhaust fans to remove excess heat and humidity caused by cooking, laundering and bathing.

Keeping Yourself Cool

- DO Wear lightweight, light-colored clothing to reflect sunlight and keep your skin cool.
- DO Slather on the sunscreen, even under your clothes. (Garments with a loose weave will keep you cooler, but they offer less protection from the sun.)
- DO Take regular breaks. Find a shaded place and check your heart rate to make sure it's not racing.
- DO Drink water before and during any outdoor activity or workout, and DO Replenish fluids hourly throughout the day.
- DON'T Be cavalier about the heat. If you are experiencing dizziness, weakness or other symptoms, take action. Heat exhaustion can rapidly progress to heat stroke, which requires emergency medical attention.
- DON'T Drink caffeinated products, alcohol or sugary beverages as they can cause dehydration and cramping.

For more information please visit:

<http://health.msn.com/guides/summerhealth>

http://www.energy-texas.com/your_home/sumer.aspx



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