



## Energy Tips

### Energy Savings

- Replace your old refrigerator, washer/dryer, and dishwasher with energy-efficient models. Energy Star® appliances are recommended.
- Turn off your lights when you leave the room.
- See if your home can receive attic or floor insulation.
- Caulk windows, doors and anywhere air leaks in or out. Do not caulk around water heater and furnace exhaust pipes.
- Weather-strip around windows and doors.
- Wrap heating and cooling ducts with duct wrap.
- Change to Light Emitting Diode (LED) light bulbs.
- Turn off electronics and power strips when they are not in use.
- Dry clothes outside in good weather.

### HEATING

- Set the furnace thermostat at 68 degrees or lower during the day.
- Health permitting set thermostat at 55 ° at night or off.
- Have a professional inspect and tune up your furnace.
- Clean or replace furnace filters once a month.
- Check air vents, radiators, and registers.
- Wear a sweater or clothing in layers to trap body heat.
- Open drapes to let sun heat your home during the day and close them at night to help insulate.
- Close off unused rooms and vents that heat those rooms.
- Close your fireplace damper tightly when not in use.
- Close doors and windows.
- Replace old windows with new dual pane windows.
- Never use the kitchen stove, oven or BBQ to heat your home.



## COOLING

- Set the thermostat at 78 degrees in summer or off.
- Use a fan and natural ventilation first.
- Wear cooler clothing.
- Window coverings should be closed during the day in summer to keep the heat out.

## WATER

- Buy a water heater that is sized for your household needs. Energy Star®
- Turn down the water heater thermostat to 120° F.
- Insulate old water heater tanks; new units are insulated internally.
- Install low-flow showerheads.
- Take shorter showers.
- Fix leaky water faucets and install low-flow aerators on the faucets.
- Wash full loads in your dishwasher and use air-dry option on your dishwasher.
- Wash full loads and use cold water when washing clothes.

For more energy tips, please visit: <https://www.energyupgradeca.org/>

For information on our programs, or to download our HEAP application, please visit our web site: [www.SpectrumCS.org](http://www.SpectrumCS.org)  
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