

Time for a Cool Change

The best way to **keep your house cool** during the summer months is to use an air conditioner, but there are other options that will not raise your hydro bill. Air conditioners may offer temporary relief from summer heat, but try these environmentally-friendly alternatives instead.



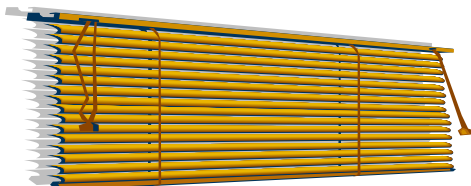
Fans and Ceiling Fans

- ☺ A ceiling fan can be a great investment for your home. This one appliance can make a room feel 7 degrees cooler, and even the most power-hungry fan costs less than \$10 a month to use if you keep it on for 12 hours a day.
- ☺ Make sure your ceiling fan switch is turned for summer – you should feel the air blown downward.
- ☺ Ceiling fans are best, but a good portable fan can be very effective as well.



Shades, drapes, or blinds

- ☺ Install white window shades, blinds or drapes to reflect heat away. Close the shades, blinds or drapes facing the sun (east-facing windows in the morning and west-facing windows in the afternoon) to keep the sun's heat out.



Internal Heat

The most common sources of internal heat are appliances, electronic devices, and lighting. Be aware of where the heat is coming from and monitor it.

- ☺ If you have air conditioning, use it wisely. Don't put lamps, televisions or other heat-generating appliances next to your air-conditioning thermostat, because the heat from these appliances will cause the air conditioner to run longer.
- ☺ Unless you absolutely need them, turn off lights and heat-generating appliances (TVs, computers and game systems).
- ☺ You should also try to avoid heat-generating activities, such as cooking, on hot days or during the hottest part of the day. If you are cooking, use your range fan to vent the hot air out of your house.

Other things to remember

- ☺ Humidity makes room air feel warmer, so reduce indoor humidity. Minimize mid-day clothes washing and using the clothes dryer, showering and cooking. When you must do these things, turn on hood fans and exhaust fans to help get rid of warm, moist air.
- ☺ Install an outdoor clothes line to use during the summer months.
- ☺ Use the outside BBQ during hot days for cooking meals.
- ☺ If the attic is under-insulated, insulate it NOW. Upgrading from 8 inches to 14 inches can help keep your home cooler.