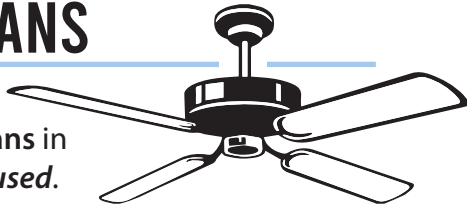




BEAT THE HEAT KEEP IT COOL

Summer Cooling Tips to Lower Utility Costs

CEILING FANS



Turn off ceiling fans in rooms *not being used*.

Run ceiling fans in common or occupied rooms *when the air conditioner is running*.

In summer, ceiling fans should be set **counterclockwise** and at the **lowest setting** to conserve energy.

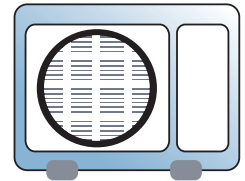
Ceiling fans cost roughly an average of a penny per hour of operation versus \$0.36 per hour for an AC unit to run. If using a ceiling fan and AC unit simultaneously, you can raise your thermostat setting 4 degrees F without a change in comfort.



AIR CONDITIONING UNIT

Set thermostat at the **highest temperature** you are comfortable with when home and awake. When away from home and at night (if possible), **increase the temperature by 3-5 degrees** from your normal temperature setting.

Clean or replace HVAC filter once a month.



Set the fan switch on your thermostat to "Auto" unless an indoor air quality professional has set up your system to operate continuously for health reasons.

You can save as much as 10% yearly on utility bills by adjusting the thermostat 10 degrees from its normal setting for 8 hours a day.



WINDOWS

During summer, **keep window coverings closed during the day** to block the sun's heat.

- **South-facing** windows receive the most light and are the **hottest**.
- **West-facing** windows receive light in the afternoon and are hot.
- **North-facing** windows receive the least light and are the coolest.
- **East-facing** windows receive light in the morning and are cool.



IF YOU ARE EXPERIENCING SYMPTOMS OF SEVERE HEAT EXHAUSTION, CALL 911.

BOX & OSCILLATING FANS

Before purchasing fans, consider the size you will need by determining if you are going to use the fan in a small room only or larger rooms as well, or on your own desk or beside your bed.

For larger spaces or distances, look for bigger box fans (20") with higher air flow (1,400-3,000 Cubic Feet per Minute), while for rooms up to 150 sq.ft., or on desks or beside beds, a small 10" box fan with less than 1,000 Cubic Feet per Minute (CFM) might be sufficient.

Compare fans with one another and see which one gives higher CFM at a lower wattage.

Pick a box fan with multi-speed settings.

If you intend to run the box fan while you are asleep, or if you forget to turn things off, then choose a box fan with a shut-off timer.

During milder temperatures, position the box fan in front of an open window. The fan can also be placed to push hot air out of a room.

A box fan should face in if the temp outdoors is cooler than indoors. Another fan can be placed in an opposite room to draw hot air out of the house.

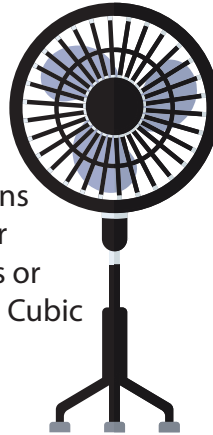
If you own a two-story home, position several fans both downstairs and upstairs. The fans on the second floor should face out and the fans on the first floor should draw fresh air into the house.

During hotter months, don't keep the fan on without the AC running and turn fans off in rooms not being used or when away from home.

Create a wind tunnel by placing fans on opposite sides of a common area or bedroom.

You can place a pan or tray of ice in front of a fan to circulate melting ice to cool the air.

Do not overload electrical plug-ins or use extension cords with fans.



PRACTICAL TIPS

Wear lightweight clothing and breathable fabrics.

Take cool showers during the day or at night before bed.

Place cool wet towels on your neck or head to help reduce body temperature.

Keep fan cords out of doorways and walking paths.

Close off unused rooms & shut vents if possible.

Avoid using the oven - especially during the day; try the microwave, toaster oven or grill outside, if possible.

Use cold water for laundry and line dry clothes when possible.

Switch to LED light bulbs.

Schedule HVAC tune-ups annually to keep system running properly.

Clean window AC unit filters frequently per safety instructions.

FINANCIAL ASSISTANCE

You may be eligible to receive financial assistance for the following:

- **Energy Utility Bill Assistance** • **Rental Assistance** • **Food**
- **Employment Training/Placement** • **Temporary Shelter**
- **Water/Sewer Payment** • **Financial Management**

For more info go to <https://dceo.illinois.gov/communityservices/homeweatherization/communityactionagencies.html> or to apply for the Low-Income Home Energy Assistance Program (LIHEAP), contact IDoA's Senior HelpLine at 1-800-252-8966; 711 TRS.

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