

HVAC (Heating, Ventilation and Air Conditioning)

- Avoid using space heaters, which are fire hazards and expensive to run.
- Dress in layers. Wear socks and shoes. Use a throw over your shoulders or lap when studying or doing other passive activities. Drink more hot tea and eat more soup; eat less ice cream. Catch up on ironing!
- Turn down the thermostat at night in cold weather to 60° F or less. It's better for your respiratory system, too. Use an electric blanket or mattress warmer, if needed to sleep comfortably.
- Open the blinds on a sunny cold day; close them on a sunny warm day.
- In warm weather, turn the thermostat up, use a ceiling or other type of fan.

Bathroom, Laundry and Dishwashing

- Turn the faucet off while brushing your teeth.
- Don't linger in the shower; that hot water dries your skin anyway.
- Run the dishwasher when its full. Use the dishwasher's air-dry function. If washing by hand, turn the faucet off until you're ready to rinse.
- Launder full loads of clothes, in cold water unless you have a grease stain.
- Clean lint from the dryer before each load. Where practical, dry clothes on a clothes line or drying rack; they won't wear out as quickly.
- Report leaky faucets or other plumbing.

Lighting and Appliances

- Replace incandescent and spent fluorescent bulbs with LEDs. (For example, a 14-W LED bulb is equivalent to a 100-W incandescent or 23-W CFL bulb.)
- Buy Energy Star® lighting, appliances and electronic equipment.
- If you're not using it, turn it off. Unplug chargers when not using.
- Turn an empty refrigerator off between semesters; add 2-L bottles of water when it's mostly empty, such as over holiday breaks.
- Use a microwave rather than a toaster or full-size oven, when you can.
- Dust the coils of your refrigerator periodically.

Learn more at <https://www.louisvillecan.org/action>

25 February 2023