



Keeping Your Home Cool

- Turn your air-conditioning off and use box fans to keep cool.
- If you do use air-conditioning:
 - Increase the setting on your thermostat. This is the best way to save the greatest amount of energy in the summer.
 - Programmable thermostats can be used to adjust temperature settings several times per day on a preset schedule.
 - Set your thermostat as high as you can and still maintain comfort.
- Keep drapes and blinds closed during the day to block out heat from the sun.
- Use heat-producing appliances such as dishwashers, ovens, ranges and dryers after 7:00 p.m. if possible.
- Use your outdoor BBQ instead of cooking on your range.
- Be sure your attic, walls and crawlspaces are adequately insulated.
- Use small electric appliances or microwave for cooking instead of your stove or oven.
- Landscape with shade trees or vines or install awnings on south-facing windows to reduce heat from the outside.
- Ceiling and other fans:
 - Fans can provide additional cooling and better circulation so you can raise the thermostat and cut down on air conditioning costs.
 - Look for ENERGY STAR® certified ceiling fans that can do an even better job, moving air up to 20% more efficiently than conventional models.
 - Most fans have a switch to change the fan direction. Make sure ceiling fans are blowing downward (in a counterclockwise direction) to send air past your body.

Using Energy Efficiently

- Turn off unnecessary lights, TVs, computers and other electrical appliances when not in use.
- Reduce the temperature setting on your electric hot water heater to 120°.
- Install high-efficiency LED bulbs in place of incandescent bulbs wherever possible.
- Take shorter showers and install low-flow showerheads.
- When possible, replace older appliances with newer, high-efficiency ENERGY STAR appliances.
- Run only full loads in your dishwasher.
- Use automatic timers to regulate lights when you're away.
- Unplug extra or unused appliances, such as cell phone chargers.
- Refrigerator/Freezer:
 - Set the temperature in your refrigerator between 37° and 40°.
 - Keep your freezer section at 5°. If you have a separate freezer for longer-term storage, it should be kept at 0°.
 - Vacuum your refrigerator's coils, located on the back or underneath your appliance. Regular cleaning can improve the efficiency of your refrigerator by up to 15% or more.
- Laundry:
 - Switch to cold-water washing.
 - Clean the lint filter in your dryer after every load.
 - Dry clothes outside on the line to save energy, as well as to avoid the heat a dryer can generate.

Preparing for an Outage

- Keep emergency supplies on hand, including:
 - Flashlights with fresh batteries
 - Portable, battery-powered radio
 - Wind-up or battery-powered clock
 - Water and nonperishable food, along with a manual can opener
- Have a cell phone or land-line telephone. Cordless phones will not work without electricity.
- Know how to manually open and close any electric garage doors, security doors or gates.
- Protect sensitive electric equipment, such as computers, VCRs and televisions by installing surge protectors or other power-protection devices.

- Make sure your smoke alarms and CO2 detectors have fresh batteries. Even those alarms that are wired to your home's electrical system should have a fresh back-up battery.
- Identify the operating requirements of gas equipment. During an outage, appliances with electronic ignitions will not work because electricity is needed to ignite the natural gas. In addition, appliances requiring fans or other electric devices to run (such as central heating units and gas clothes dryers) will not operate.

During an Outage

- Notify Avista at (800) 227-9187 to report an outage or any downed power lines.
- In the event of a major storm, access your favorite news source for updated information. Avista partners with the media on providing updated outage and storm information.
- Assist family members or neighbors who may be vulnerable if exposed to high temperatures for extended periods.
- Use flashlights instead of candles to reduce fire hazards.
- Keep your refrigerator and freezer doors closed as much as possible to prevent food spoilage. Food should stay frozen for about one full day and fresh in the refrigerator for about four hours.
- Do not heat your home with an outdoor grill or other items not intended for indoor use. This goes for cooking as well. Using outdoor grills, charcoal and other fuels meant for outdoor use can create deadly fumes if used indoors.
- Never use an extension cord to receive power from a neighbor's home.
- Turn off electric appliances that were in use when the power went off, as well as all lights. This will help to prevent power surges when electricity is restored. Leave one light on to let you know when power is restored.
- Turn on your front porch light. This can help Avista crews working in a neighborhood know which homes have power.

After an Outage

- Wait a few minutes before turning on major electrical appliances. This will help eliminate problems that could occur if there's a sharp increase in demand immediately after power is restored.
- If you think power has been restored to your area but your home is still without power, call Avista at (800) 227-9187.