



October 2021 | Oregon

Connections

Prepare your home for winter weather

Preparing for cold winter weather can help keep you comfortable and potentially save on energy costs. Consider adding or replacing weatherstripping around drafty windows and doors, sealing small holes around your windows with caulk, and insulating pipes with pipe insulation. If you want to learn more or explore other DIY tips, visit our partner energytrust.org/DIY or call (866) 368-7878.



At Home with Lisa: Carbon monoxide detector

I have a carbon monoxide (CO) detector on each floor of my house. I was looking at one next to my bedroom door the other day and got curious about it. Avista's website has a very informative video about carbon monoxide that explains the symptoms of CO poisoning and what to do if there is a dangerous level of CO in your home.

Carbon monoxide is odorless and colorless and is toxic to humans and animals. Symptoms to recognize are similar to the flu:

- Dizziness
- Mental confusion
- Lethargy
- Lightheadedness
- Resembles intoxication
- Pink skin
- Bright red mucus membranes
- Nausea
- Buzzing or humming around your head

If you experience any of these symptoms, get out of the house, seek medical attention and call Avista.

But if you don't want to wait until you have symptoms to find out if there is carbon monoxide in your house, get a CO detector: these are required by law in Washington state in residential dwellings.

You can find these in any hardware store or online and will run you anywhere from \$15 to \$99. You should place one outside of sleeping areas and have one on every floor. If you have an attached garage, you should have one near the door. The installation manual included with your detector will have more information about where to place them.

Now that I've learned more about my CO detector, I feel much safer at night.

Lisa, an Avista customer, bought her 1910 house because she loved the old-world character, some of which doesn't make her house very energy efficient. Lisa is sharing her experience on taking some simple do-it-yourself improvements to inspire others to do the same. You'll find her stories at myavista.com/connect every Tuesday morning.





It's that time of year again

Here in the northwest, October marks the beginning of fall. Many of us haven't touched our thermostats yet, but we're often surprised — and even confused — when we open our energy bills.

During colder months, home heating can account for 40% to 60% of our monthly energy bills. Here are a few things you can do to gain some energy savings this season:

- Check your thermostat. Reducing the temperature by just three degrees can result in approximately 10% energy savings.
- Set your water heater tank at no more than 120 degrees. Water heating can account for nearly 14% of our monthly energy bills.
- Look for cracks and gaps around doors and windows. Caulk non-moving items and use weatherstripping where doors or windows need to move or interact with their frames to reduce heat loss.

For more information, visit myavista.com/winterbill.

October is National Energy Awareness Month

Energy conservation is good for all of us. Using energy wisely can help reduce costs and conserve our natural resources. And, there are many steps you can take to cut down your energy consumption.

We've assembled energy-savings advice to help you—visit myavista.com/waytosave.



Do you need help paying your bill?

We understand that there may be instances when customers find themselves facing financial difficulties.

We have options.

Avista partners with community agencies to provide financial assistance, plus we offer other services to help you manage and pay your bill such as **Comfort Level Billing, Preferred Due Date, and Payment Arrangements.**

We're here to help. Please call us at **(800) 227-9187** to discuss your options with a Customer Service Representative or visit myavista.com/assistance for more information.

Connect with us

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