



October 2023 | Oregon

Connections

Stay cozy and warm during the winter

It's hard to think about winter on a sunny fall day, but now is a great time to start considering your upcoming heating needs.

Lower your energy costs this winter when you upgrade to a high-efficiency direct-vent gas fireplace.

As a customer of Avista Natural Gas, you could get **up to \$250 cash back** from Energy Trust of Oregon on qualifying models.

Find eligibility details and local contractors at energytrust.org/fireplace or call (866) 368-7878.



October is Energy Awareness Month

Sign up to win in our Energy Smart Giveaway

We're observing National Energy Awareness Month by giving you a chance to win a Google Nest Learning Thermostat.

We know that the way to a more sustainable future is to use less energy. It's why we share ways to save energy, reward customers like you for upgrading to energy-efficient equipment and adopting weatherization measures and promote sustainable technologies. So as the weather outside changes, it's the perfect time to think about how your home uses energy and what options you may have to control it.



A smart learning thermostat is a great starting point. It'll help you save on heating and cooling use and program itself.

Go to myavista.com/smartgiveaway and enter to win a Google Nest Learning Thermostat today! 200 lucky winners will be drawn at random in November and receive their new thermostat just before winter really settles in. **Hurry, entries will only be accepted through October 31, 2023.**

Visit myavista.com/energytips for other energy-saving ideas.

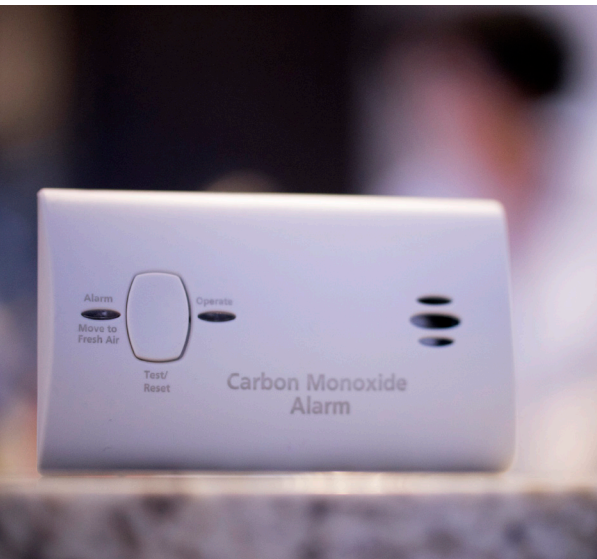


Know the signs

From the exhaust produced by your family vehicle to the fuel source of your home's heating system, carbon monoxide (CO) can live within your home without you even realizing it. CO is a colorless, odorless, poisonous gas that is produced by the incomplete burning of various fuels, including charcoal, oil, kerosene, propane, diesel fuel, coal, wood and natural gas. Because CO is undetectable to the human senses, it is important for people to know the signs of CO exposure. These symptoms are similar to the flu and can include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

To protect yourself and your family, consider installing carbon monoxide detectors throughout your home. These devices monitor CO levels and alert you should the gas reach dangerous levels. That's why CO detectors are needed and are a legal requirement in some states.



CO detectors are available at most home retail outlets. We recommend you only buy UL-listed models and follow the manufacturer's instructions for installation and operation. The Consumer Product Safety Commission recommends installing at least one detector in a hallway near your sleeping area.

By having your heating system and equipment serviced by a qualified technician at regular intervals or by the manufacturer's recommendation, you can reduce the risk of CO being present in your home or business. Potential sources of CO that shouldn't be used indoors under any circumstances include portable generators, barbecues and charcoal grills. Items to consider for servicing inside your home or business include your water heater and any gas, oil, wood or coal-burning heaters.



If you suspect that you or someone else is experiencing CO poisoning, get to fresh air immediately. Leave the home and call for assistance from a safe place. Get medical attention immediately and inform medical staff that CO poisoning is suspected. Call 911, then call Avista at (800) 227-9187 and do not reenter the home until we can ensure your safety. For more information on CO and natural gas safety, visit myavista.com/resnfsafety.



You may qualify for a monthly bill discount

Last Fall, Avista launched a new program called My Energy Rate to help Oregon customers with their bills. We're excited to continue this program under a new name: My Energy Discount.

If you're eligible for the discount, you'll save money every month.

Even if you couldn't get help with your bill before, you might be able to now. It's easier to qualify and no paperwork is required to apply. All you have to do is tell us your household's size and income. If you're approved, your discount is good for two years. Even better, you can still benefit from all the other programs and services your local community action agency offers, including other types of payment assistance and home improvement help.

Please visit us to learn more and fill out our simple online form to apply now at **myavista.com/myenergydiscountOR**. Or give us a call at **(800) 227-9187**.

Connect with us

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