

Use Energy Wisely

While longer days and warmer weather make us less dependent on energy for light and heat, there are still many opportunities to practice wise energy use.

Staying cool indoors >> Have storm windows that you usually remove and replace with screens? Consider which windows you actually open. Leaving some storm windows in place may keep rooms cooler, especially if you use air conditioning. Another “cool” technique is to close blinds and drapes to block direct sunlight.

Air conditioning tips:

- >> Set the thermostat no lower than 78 degrees – higher if you will be away from home.
- >> Keep curtains and furniture away from air intakes and vents.
- >> Avoid cooking, baking and other indoor heat-producing activities on hot days.
- >> On moderately hot days, use fans instead of air conditioners.



Follow the manufacturer’s recommendations to keep your air conditioner in tip-top shape.

Fans:

- >> Attic fans, window fans, floor and table fans are all cost-effective ways to make your home more comfortable.
- >> Window fans tend to provide better ventilation than floor and table fans.
- >> Consider attic or “whole-house” fans as they are often the best choice to economically cool your home.

Talk with your appliance dealer or home center specialist to find the best fan for your home.



For more energy-wise tips, visit nyseg.com.

Be Safe This Summer

Summer heat can be a serious health threat. By knowing how to stay cool when the temperature peaks, you can protect yourself from hyperthermia.

Hyperthermia is a medical condition that can occur if the body isn’t able to stay cool. Being less active on extremely hot days can lower the risks of hyperthermia, but sometimes that isn’t enough.

Older persons and those with chronic health problems are especially at risk of hyperthermia. The good news is that hyperthermia can easily be prevented. To begin with, **know the warning signs:**

- Dizziness or severe weakness.
- Chest pain or rapid heartbeat.
- Nausea, diarrhea, cramps or vomiting.
- Breathing problems.
- Mood changes.
- Dry skin without sweating.
- Throbbing headaches.

To lessen the possibility of hyperthermia:

- Drink plenty of water.
- Use a fan or air conditioner.
- Wear light colors and loose-fitting clothing.
- Limit your physical activity.
- If you begin to feel overheated, take a break and head for the shade.
- Take cool showers or baths.
- Check your medications for any side effects that could increase your risk of hyperthermia.
- Eat more salads and lighter foods.
- Only use your stove during the cooler part of the day.
- Don’t overuse salt.
- Avoid alcohol.



If you suspect that you or a family member are suffering from hyperthermia, seek medical attention immediately.



Even Out Your Energy Costs

NYSEG's Budget Billing service lets you spread your utility costs evenly over 12 months. It's a great tool for planning your monthly budget because you'll know what your NYSEG bill is going to be in advance. For more information or to sign up for Budget Billing, visit nyseg.com or call us at **1.800.572.1111**.



Power Partner Can Help

If you are income-eligible, you can save on your monthly bills and get weatherization and budget assistance. Learn more about Power Partner at nyseg.com or contact us at **1.800.284.7988**.

IF YOU ARE HAVING TROUBLE PAYING YOUR NYSEG BILLS, don't wait, contact us immediately at **1.888.315.1755** – together we can work on a solution.

ACT NOW and Save With Natural Gas

GET CONNECTED >> Consider converting to NYSEG natural gas heat for a fuel that is clean, efficient and cost effective.

> The price of NYSEG natural gas has remained relatively stable through the last 12 months compared to heating oil and propane.

A typical heating customer in Upstate New York would have saved up to \$900 last year by using natural gas instead of oil or up to \$1,400 by using natural gas instead of propane.*

> **If you switch to natural gas heat and you are 100 feet or less from a NYSEG natural gas main, NYSEG will install your service for free!** Plus with **rebates of up to \$500** available from NYSEG if you convert to natural gas heat, there's never been a better time to switch.

SEE FOR YOURSELF >> Use our fuel comparison calculator by clicking on the "save with natural gas" icon at nyseg.com to determine how much you could save with natural gas.

* Savings are based on average home using 1,012 therms of natural gas per year at a price of \$1.59 per therm. Individual savings may vary based on actual energy use, price and equipment efficiency.



Turning On or Turning Off Service?

If you need your NYSEG service turned on or off, let us know as soon as you know – don't wait to contact us as we can schedule your request months in advance!

There are **two ways** to contact us:

- Anytime online at nyseg.com.
- By calling **1.800.572.1111**, 7 a.m. to 7 p.m., Monday through Friday.

So we can best meet your expectations, please contact us as far in advance as possible. In all circumstances we need **at least** 24 hours' notice. If the meter is inside, we will need to have you present or you'll need to make access arrangements with us in advance.



Part of NYSEG's commitment to the environment ...
printed with soy ink on recycled paper, using 100% renewable wind energy.

