

# In May

## Task of the Month

**Set your thermostat to 78°F or higher when home, and higher when you are away**

### To keep cool on a hot day

- Run a fan in the room you're in.
- Dress for the weather.
- Drink cool liquids.



*Ceiling fans help you feel cooler; but turn them off when you leave a room!*

### Take advantage of cooler nighttime temperatures:

- ❖ On cool nights, exhaust hot indoor air, pulling in cooler outside air;
- ❖ Then close windows, blinds and curtains to keep out the sun and hold in the cooler air.

### Humidity Problems?

Run your AC early in the morning to reduce humidity, then turn up the thermostat and close the blinds or curtains to keep out the hot sun.



## Earth Care Bloomington

For more suggestions and PDFs of the posters visit:

<http://www.earthcareindiana.org/>

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