Keeping Your House Cool During Summer

Insulation and Ventilation

- Insulate walls, ceilings, and attics to reduce heat transfer from outside.
- Install and use attic fans or roof vents to promote airflow and reduce heat buildup.

Use of Shade

- Plant shade trees or use outdoor awnings, shades, or umbrellas to block direct sunlight.
- Create shade indoors using curtains, blinds, or reflective window films to reduce heat absorption.

Air Conditioning Optimization

- Set your air conditioner thermostat to an energy-efficient temperature (around 78°F or higher).
- Use ceiling fans or portable fans to circulate cool air and improve comfort.

Limit Heat Sources

- Minimize use of heat-generating appliances like ovens, stoves, and dryers during peak heat hours.
- Switch to energy-efficient LED bulbs that produce less heat compared to incandescent bulbs.

Window Treatments

- Install energy-efficient window treatments like blinds, shades, or curtains to block sunlight.
- Close curtains or blinds during the hottest part of the day to reduce solar heat gain.

Cool Water Usage

- Take cool showers or baths to lower body temperature and feel refreshed.
- Use cold water for washing dishes or laundry to reduce indoor heat.

Strategic Opening and Closing

- Open windows and doors during cooler hours in the morning and evening for natural ventilation.
- Close windows, doors, and blinds during the hottest part of the day to keep heat out.

Outdoor Living Spaces

- Create comfortable outdoor living spaces with shaded areas, fans, or misting systems.
- Use outdoor grills or cookers instead of indoor ovens or stoves to avoid heating the house.

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