

Heat Wave Energy Alert: Ways to Stay Cool and Save Energy

This Labor Day weekend, Californians are expecting another heat wave. When temperatures rise, so does our energy use. Help reduce the stress on California's power grid and avoid rolling blackouts by saving energy. Temperatures in the California are expected to be in the 100s this weekend leaving residents looking for ways to stay cool while conserving energy. Don't sweat it, [Energy Upgrade California](#) encourages Californians to:

- **Keep an Eye on the Clock:** Reducing energy usage is especially important during peak hours of 3 p.m. to 9 p.m. when there is a growing demand on the power grid. Consider charging your electronic devices, starting a load of laundry or running the dishwasher outside of these hours.
- **Stay Cool and Energy Conscious:** Use fans to cool your home or set your thermostat to 78 degrees or higher. Move any furniture blocking vents to be sure air is flowing efficiently, turn the air conditioner off when you are not home and pull the blinds down to keep sunlight from heating your home.
- **Be Aware of Household Energy Suckers:** Televisions, game consoles, computer monitors, coffee makers and other small appliances should be unplugged when not in use. Turn unnecessary lights off, indoors and outdoors. Avoid using your oven while cooking and limit opening your refrigerator and freezer.

For more information, visit www.energyupgradeca.org. For more specifics about individual households, contact your local energy provider.

