



Ways that residents can assist in conserving energy and still stay toasty warm!

- ❖ Use only appropriate watt light bulbs in all lighting fixtures.
- ❖ Turn off lights when not in use-in apartment and in common area community rooms.
- ❖ Do not use electric appliances longer than necessary, and be sure to turn off appliances when not in use.
- ❖ Do not run hot water longer than necessary.
- ❖ Do not leave stove burners on longer than necessary.
- ❖ Call the management office to report any dripping faucets or plumbing leaks.
- ❖ Close the shades or drapes in the evening and open drapes or shades in the morning to admit winter sunlight and warmth through the windows.
- ❖ If you leave your apartment for a day or more, set the temperature lower.
- ❖ Never have the windows open if the heat is on.
- ❖ Schedule use of laundry machines when you have a full load.
- ❖ Use cold water detergents in washing machines, and wash and rinse in cold water.
- ❖ Do not block heat registers with furniture or curtains.
- ❖ Lower the temperature to a comfortable level when retiring for the night; use a extra blanket for warmth.
- ❖ You can save 1-3% on the heating cost for every degree you dial down. Exercise and activity generate bodyheat.
- ❖ Ceiling fans set at slow speed push warm air away from the ceiling and move it around the room without creating a chilling breeze. This spreads the heat more evenly and will make you feel more comfortable.



STAY *W.A.R.M* THIS WINTER!

It's that time of year again with blowing snow and freezing temperatures! Below are some tips on hypothermia and how to stay warm during these winter months.

What is hypothermia? It is when the body temperature drops below 96 degrees Fahrenheit. Your metabolism slows down and can stop. Without treatment it can be fatal.

Hypothermia can occur when:

- You spend a lot of time in a cold, unheated indoor environment.
- You are outside in cold weather without proper protection against the cold, wind or snow.
- You wear cold, wet clothing for too long.

What are signs of hypothermia?

- Cold feet hands and face
- Shivering
- Listlessness
- Slow, shallow breathing
- Stiff muscles or some trembling
- Drowsiness

What can you do to prevent hypothermia in your home?

- Keep your thermostat at 68 to 70 degrees Fahrenheit
- Check with your doctor about medications that might increase susceptibility to cold. Avoid alcohol use, as it increases susceptibility to cold temperatures.
- Sleep under plenty of covers and wear pajamas.
- Arrange for neighbors or friends to check on you.

What can you do to prevent hypothermia while outdoors?

- Wear several layers of warm, loose clothing. It's especially important to wear something on your head.
- Keep your head and neck covered to help retain body heat.
- Wear a protective waterproof and windproof outer garment.

This information was provided by the National Institute on Aging and Senior Health Advisor

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INFORMATION HERE