



Keep It Cool Summer Checklist

14 ways to keep your home cool all summer long.

Don't let blazing temperatures leave you sweating over your next energy bill. Use the Keep It Cool Summer Checklist to stay comfortable, use less energy and keep your energy bill under control.

DONE

Air conditioner/thermostat

Bump up your thermostat a few degrees when you're home.

For extra savings, add a few more degrees when the house is empty.

Get an HVAC tune-up.

Find a TVA-vetted HVAC service company in the [Quality Contractor Network](#).

Replace your air filter.

Clean or change your air filter each month, or at least once a quarter.

Check the seals around AC window units.

Close any gaps or cracks with weatherstripping.

Open and clean vents.

Make sure all your air vents are open, clean and unblocked by any rugs or furniture.

Use a dehumidifier.

Maintain an indoor humidity range of 30% to 50%.

Windows and doors

Close doors and windows.

Keep cool air in and hot air out.

Keep blinds and curtains closed.

Block out heat during peak daylight hours in rooms that get the most sun.

Caulk and weatherstrip around windows and doors.

Seal gaps and cracks, inside and out, with caulk, weatherstripping or spray foam.

Insulation

Check the attic and basement for air leaks.

Get a Home Energy Advisor to find air leaks when you schedule a [Home Energy Evaluation](#).

Install light switch and electrical outlet socket sealers on exterior walls.

Pop a socket sealer onto the back of light switch and outlet plates to stop air leaks.

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Other heat-blocking hacks	
Set ceiling fans to spin counterclockwise. Switch the direction of ceiling fans to create a cooling downdraft.	
Close the fireplace damper. Shut out heat (and critters).	
Take the free DIY Home Energy Assessment. Do your own self-guided energy audit on your desktop or mobile device.	
Add your own	

Get help with your summer energy bill.

If you (or someone you know) are struggling to keep up with your energy bills this summer, or don't have access to consistent and reliable air conditioning, we've got some helpful solutions to explore.

Low Income Home Energy Assistance Program (LIHEAP)

[See if you qualify](#) for this federally funded program that helps income-eligible households pay their home energy bills.

Home Uplift

[Find out if you're eligible](#) for Home Uplift, the EnergyRight program that partners with local power companies to provide income-eligible households with an average of \$10,000 in free home energy upgrades.*

Looking for more ways to save energy and money all year?

Check out more quick and easy tips and energy advice at [EnergyRight.com/Education-Advice](https://www.energyright.com/education-advice).

*Home Uplift is not available in all areas.