

Use Energy Wisely

While longer days and warmer weather make us less dependent on energy for light and heat, there are still many opportunities to practice wise energy use.

Staying cool indoors >> Have storm windows that you usually remove and replace with screens? Consider which windows you actually open. Leaving some storm windows in place may keep rooms cooler, especially if you use air conditioning. Another “cool” technique is to close blinds and drapes to block direct sunlight.

Air conditioning tips:

- >> Set the thermostat no lower than 78 degrees – higher if you will be away from home.
- >> Keep curtains and furniture away from air intakes and vents.
- >> Avoid cooking, baking and other indoor heat-producing activities on hot days.
- >> On moderately hot days, use fans instead of air conditioners.



Follow the manufacturer’s recommendations to keep your air conditioner in tip-top shape.

Fans:

- >> Attic fans, window fans, floor and table fans are all cost-effective ways to make your home more comfortable.
- >> Window fans tend to provide better ventilation than floor and table fans.
- >> Consider attic or “whole-house” fans as they are often the best choice to economically cool your home.

Talk with your appliance dealer or home center specialist to find the best fan for your home.



For more energy-wise tips, visit nyseg.com.

Be Safe This Summer

Summer heat can be a serious health threat. By knowing how to stay cool when the temperature peaks, you can protect yourself from hyperthermia.

Hyperthermia is a medical condition that can occur if the body isn’t able to stay cool. Being less active on extremely hot days can lower the risks of hyperthermia, but sometimes that isn’t enough.

Older persons and those with chronic health problems are especially at risk of hyperthermia. The good news is that hyperthermia can easily be prevented. To begin with, **know the warning signs:**

- Dizziness or severe weakness.
- Chest pain or rapid heartbeat.
- Nausea, diarrhea, cramps or vomiting.
- Breathing problems.
- Mood changes.
- Dry skin without sweating.
- Throbbing headaches.

To lessen the possibility of hyperthermia:

- Drink plenty of water.
- Use a fan or air conditioner.
- Wear light colors and loose-fitting clothing.
- Limit your physical activity.
- If you begin to feel overheated, take a break and head for the shade.
- Take cool showers or baths.
- Check your medications for any side effects that could increase your risk of hyperthermia.
- Eat more salads and lighter foods.
- Only use your stove during the cooler part of the day.
- Don’t overuse salt.
- Avoid alcohol.



If you suspect that you or a family member are suffering from hyperthermia, seek medical attention immediately.

Be Safe Around Natural Gas Pipelines

Natural gas is clean, convenient and economical. It's also safe, thanks to the natural gas industry's diligence in maintaining, operating and monitoring the nation's vast transmission and distribution system.

The greatest risk to underground natural gas pipelines is accidental damage during excavation. Minor damage such as a gouge, scrape or dent to a pipeline or its coating may cause a leak or failure. To help us provide safe, reliable natural gas service:

- 1. Call before you dig.** Contractors are required by law and all customers are strongly encouraged to call Dig Safely New York (811 or 1.800.962.7962) two days but not more than 10 days prior to excavation work. One call provides notice to underground utilities to mark facilities to help protect them – and ensure public safety – during excavation work. This service is **free**.
- 2.** Call us at **1.800.572.1121** if you smell natural gas or observe excavation being done in an unmarked area where underground utilities may be present.
- 3.** Respect underground pipeline rights of way: whether along a public street or on private property, certain activities could be restricted or prohibited. Check your deed or your municipality before planning any work (adding a storage shed, garage or pool) if you suspect it may infringe on a right of way.

Failure to comply with the law can jeopardize public safety, result in costly damages and lead to substantial fines.



Pipeline Markers Show the Way

Since natural gas pipelines are underground, line markers can indicate their approximate location. The markers display the material transported and the pipeline operator's name and phone number. Markers only indicate a pipeline's general location and cannot be relied upon to indicate the exact position.

Because many lines are not marked, it is critical that you contact Dig Safely New York prior to any excavation.



Commitment to Safety

We work with industry groups to continually enhance natural gas pipeline safety. At the state level, we work with regulators to ensure the system's safe operation. And, as new technologies are developed in pipeline design, inspections and operations, we continue to invest in programs that allow for safe and reliable natural gas delivery.



We also work with emergency responders and state and local agencies to prevent and prepare for emergencies through training and periodic drills.

Choose the Right Contractor

Making home improvements? While NYSEG can't recommend a contractor, here are some resources to get you started:

- The Air Conditioning Contractors of America provides a contractor locator by ZIP code at acca.org/contractors.
 - The Better Contractors Bureau provides contractor information for Monroe, Wayne, Ontario, Livingston, Genesee and Orleans counties. Visit the-bcb.net or call **1.585.338.3600**.
 - The National Association of Home Builders has a local builders and remodelers locator at nahb.org.
 - Be better informed before hiring a contractor by visiting the New York State Office of the Attorney General at nyknowyourcontractor.com.
- > For more contractor tips, visit nyseg.com, click on "Your Home," then on "Choosing a Contractor."

Shop for Your Natural Gas Supplier

Shopping for a natural gas supplier may be one way to help manage your energy costs. Visit nyseg.com for a supplier list and questions to ask them. With any supplier you choose, NYSEG will deliver your energy safely and reliably, and we'll be here – 24 hours a day – to respond to emergencies.