

## Energy Saving Tips:

### No Cost:

- Turn off lights not being used.
- Close off rooms that are not in use.
- Wear extra layers of clothing or blankets.
- Avoid moving the thermostat up or down during the day because this will waste energy and money.
- Make sure vents are not blocked by furniture or drapes.
- Keep draperies and shades open during the day to allow the sunlight to enter your home.

### Low Cost:

- Caulk around windows and doors.
- Install an energy efficient thermostat.
- Replace conventional bulbs with efficient bulbs.
- Have your furnace regularly inspected and maintained.
- Replace furnace filter monthly when dirty.
- Install foam gaskets behind outlet and switch plates on walls.

### Long Term:

- Add insulation in attics and have cellulose blown into walls that are not insulated.
- Replace old appliances, windows and doors with new ENERGY STAR® appliances, windows and doors.
- Install a new energy-efficient furnace.
- Install more cold air returns if the house needs increased air circulation to increase furnace efficiency.
- Consider a home energy audit to pinpoint areas where air could escape.

Log on to: [www.beenergyefficient.org](http://www.beenergyefficient.org) for more no cost, low cost and long-term energy savings tips like these for you and your family.

For More Information Call:  
**(800) 392-4211**



# BEE Prepared for Winter's Wrath

## HEALTH AND SAFETY TIPS!

- \* Be aware of the warning signs of hypothermia and other cold related illnesses. Warning signs may include uncontrollable shivering, exhaustion, confusion, changes in skin color, slurred speech and loss of consciousness. If you are experiencing cold related symptoms seek immediate medical assistance or call 9-1-1. For more information on cold related illnesses, contact the Missouri Department of Health and Senior Services at 1-800-392-0272 ([www.dhss.mo.gov](http://www.dhss.mo.gov)) and the Centers for Disease Control and Prevention at 1-800-232-4636 ([www.cdc.gov](http://www.cdc.gov)).
- \* Select proper clothing for cold, wet and windy conditions. Wear warm, layered clothing and waterproof, insulated boots to keep feet warm and dry.
- \* Check on elderly and disabled friends and family often.
- \* Winter storms and cold temperatures can be extremely dangerous. Prepare a Family Disaster Supply Kit and Disaster Plan to reduce the stress of coping with the aftermath of a weather related disaster. Information is available from the American Red Cross website [www.redcross.org](http://www.redcross.org), or the University of Missouri Extension website <http://extension.missouri.edu>.



## Be Wise And Be Prepared In Case Of An Emergency!

### In Your Home

- \* Stock up on non-perishable food (such as canned meats and vegetables).
- \* Keep a flashlight, working radio, extra batteries, and candles on hand.
- \* Keep a supply of drinking water in case the water supply is contaminated.

### Keeping In Contact

- \* Keep a list of phone numbers for police, fire and emergency personnel.
- \* Develop an evacuation plan in case you have to leave your home.
- \* Call relatives or emergency officials if you need a place to stay.

### Other Things To Remember

- \* If someone in your home is dependent on electric-powered, life-sustaining medical equipment, check with your utility provider about back-up power sources.