

## Energy saving tips for summer

家庭でできる夏の省エネと備えをしてください ひろしま市民と市政 7月1日号 (p3)

Summer is here, which means high temperatures. Using your air conditioner is one way to beat the summer heat, but it also means a rise in energy consumption. And that's not all that's on the rise: cases of heat stroke also increase in the summer months. Below, you'll find simple measures that you can take to help reduce your energy consumption and your risk of heat stroke.

### About Heat Stroke Alerts

Heat Stroke Alerts (熱中症警戒アラート// *Nettchu-shō Keikai Arāto*) are issued by the Ministry of Environment and the Japan Meteorological Agency on days when temperatures can cause heat-related illnesses. Beginning in April 2024, Special Heat Stroke Alerts (熱中症特別警戒アラート// *Nettchu-shō Tokubetsu Keikai Arāto*) will be issued when the temperature situation is more serious and warrants extreme caution.

### Tips for energy saving at home

#### ☒ Air Conditioners

- Clean filters regularly
- Try to avoid keeping your house ice cold; set your air con at a slightly higher temperature to reduce energy consumption (within reason, of course)
- Close your blinds, shades, or drapes during the day to keep the sunlight out and temperatures low



#### ☒ Refrigerators

- Be careful not to overstock your fridge
- Avoid opening and closing the fridge more than needed
- Set your fridge cooling setting to medium (note: depending on your fridge, this may not be cold enough. Be sure to ensure it's cold enough that food won't spoil)
- Keep enough space between your fridge and the wall behind it



#### ☒ TVs

- Set your TV to energy saving mode and use the brightness control function to turn down the brightness
- Don't just use the remote to turn the TV off: turn the TV power source off as well. If you won't be using your TV for long periods of time, unplug it.



### ☒ Bidet toilet seat

- Keep the toilet lid closed
- Keep your toilet seat and water temperatures settings on low
- Use features that save energy like turning the heated water function off or energy-saving timers (if your toilet does not have these functions, unplug the toilet seat when you won't be using it for prolonged periods of time)

### How to stay cool in the summer

- Use products designed to keep you cool, like cooling gel sheets
- Use paper fans
- Wear a hat made of breathable material and be sure to take it off from time to time to allow sweat to evaporate
- Use window coverings, such as insulation sheets, to prevent heat from coming in through the window

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