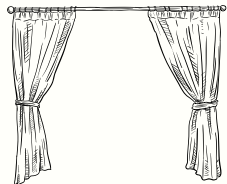


# Keeping cool in Devon

ecoe  
advice

When the weather heats up, many homes in Devon can become uncomfortable and it's important to keep cool without pushing up your energy bills.



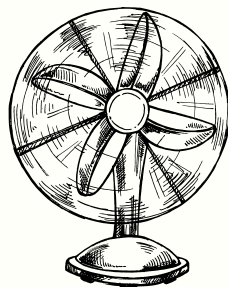
**Keep sun and hot air out of your house** by keeping all windows and doors shut and shutting curtains /Blinds during the day. If you have no curtains, put a sheet or blanket up instead.

When it gets cooler outside, open all your windows and doors to get the cool air in and across the house

**Use fans in front of an open window**, facing outward, to draw hot air out of the room. When it's cooler outside, turn them around to draw the cool air in.

If you use a fan during the day direct it at yourself and place frozen water bottle in front of it so it cools the air down before getting to your skin.

Fans do not use too much electric and you can have a fan on for **12 hours without it costing you more than about 31p.**



If you can't sleep, dampen your bed or body as water will evaporate leaving you feeling cooler.



Hot air rises. Windows upstairs will need to be opened in the evening to let the hot air out.



If you can afford to insulate your home, then this will help to keep your home cool in summer as well as warmer in winter.



If you're worried about keeping cool or managing rising energy costs, you're not alone, we're here to help.



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