

Georgia in the summer = hot humid weather with many days nearing 100°. So, what can you do to keep cool and comfortable when the temperatures are soaring? Make sure you drink plenty of fluids and stay indoors in air-conditioned spaces. Of course, there are additional steps that you can take to help keep the inside of your home cooler for everyone:

- Consider installing smart thermostats that can help keep your indoors at that “just right” ideal temperature when you’re home and can then be adjusted to a warmer temperature when you’re away from home. If you choose a smart thermostat with smart-room sensors, you can prioritize the temperature in the rooms where your family spends most of its time and adjust individual room temperatures such as the bedrooms to make them cooler for sleeping. All of this can keep your house cool, appropriately focus room temperatures, and maximize energy savings.
- When temperatures are high, your indoor humidity increases and that higher humidity can lead to mold appearing throughout your house. You can do several things to help manage and maintain indoor humidity levels like assuring you clean or replace heating and air conditioner filters to maintain airflow; seal gaps and cracks in door or window frames with caulking and install weatherstripping where needed; open interior doors to improve air flow; and consider investing in a dehumidifier.
- Keep curtains and blinds closed during the hottest part of the day, as an open window makes a room hot in a hurry.
- Be mindful of using appliances like ovens, stoves, and dishwashers that generate heat. On those really hot days, limit appliances to evening use and instead of turning on the oven, consider opting for no-cook meals or outdoor grilling.

It's important to ensure that you and your family, even your pets, are staying cool and safe this summer. And it's just as important to take time to check on those vulnerable individuals in your life – elderly parents, individuals with chronic health conditions, house-bound neighbors – to make sure they are taking appropriate steps to keep themselves cool.

Do your part to keep cool and beat the summertime heat.

