

## Desert Summer Survival Tips

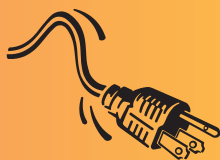
Whether you have just moved here recently or you are a seasoned desert dweller, staying safe and comfortable during the desert summers can be a challenge.

As an Arizona resident, you've certainly heard the popular description of Arizona's arid summer climate being "a dry heat." With the extreme temperatures of the summer, you are also aware that our weather is nothing to take lightly.

To help you deal with the desert heat, we've put together a few tips and reminders for when you and your family are at home and traveling around the state.

### Energy Tips

In the desert, a typical 2200 square foot home has an annual energy cost of approximately \$1740 and averages a \$145 per month electric bill. Air conditioning accounts for nearly 70 percent of summer household energy costs, which causes energy use to increase significantly during the summer's hottest months — June through September. After September you can look forward to a decrease in temperatures and energy use. Winter bills are typically less than half of summer bills.



In the meantime, understanding and managing your energy use can help keep your electric bills as low as possible.

To help monitor how your costs vary from month to month, make note of the "Energy Consumption Box" on your bill. It provides your average daily usage.

Keep in mind that after 12 months of service you can sign up for the APS Equalizer plan and manage your monthly bills by paying about the same amount every month — winter and summer.

As much as 50 percent of the heat entering into your home comes in through windows. Some steps you can take to reduce this heat gain are:

- Install weather stripping around windows and doors.
- Close draperies on the sunny side of your house to block the sun's rays.
- Install shade screens on your windows.



You can also reduce summer energy use if you:

- Use fans to circulate air and make you feel cooler at a higher thermostat setting.
- Keep heat out of your kitchen by using an outdoor barbecue.
- Keep your thermostat set at 79 degrees.
- Log on to [aps.com](http://aps.com) and take the APS Energy Survey. It will provide you with helpful information that can save you money on your home energy bill.

## Health Tips

### For You

- Have a healthy respect for the sun. Arizona sunburns can be extremely dangerous, but they can be avoided by applying sun screen with a sun protection factor (SPF) of 15 or higher. Apply 30 minutes prior to sun exposure to allow absorption and reduce the risk of developing skin cancer.
- It's not only hotter here than in most places, it's also drier. Drink water and protect your- self and your children from the sun when outdoors. If you wait until you're thirsty to drink, you may already be dehydrated.
- To avoid dehydration or heat stroke, drink plenty of fluids, such as water and juice. A gallon a day is a good start, much more if you are active and out in the heat. Avoid caffeine and alcohol. They will dehydrate you more quickly.
- Take bottled water along on day trips or drives that may exceed 30 minutes and have extra drinking water in your car at all times.
- Avoid strenuous exercises during the hottest part of the day between noon and 4 p.m., and stay in areas that are cool, well ventilated or air-conditioned.



### For Your Pet

Your pet needs special attention during the summer. Pets can get dehydrated or suffer from heatstroke.

- Leave plenty of water for your pet and provide a shaded area for them when they are left outdoors.
- Never leave a pet in the car even with the windows rolled down.
- Walk your pet early in the morning or after the sun has gone down when the pavement is cooler.
- Have water on hand for your pet and try ice cubes as a cool treat when bringing them along for hikes or other outdoor activities.



## Pool Safety



Each year, dozens of children are involved in some type of water-related accident.

- Never leave children unattended around a swimming pool or other body of water.
- Always have an adult present to watch children near water.
- If you're having a pool installed, make sure it is away from overhead power lines, because you don't want to touch power lines with the long-handled aluminum brush or skimmer.
- Be sure that all electrical outlets in the pool area have weatherproof covers and ground fault circuit interrupters — electrical shocks can be more severe in wet areas.
- Make it a rule that electric appliances — TVs, radios, stereos, lamps, etc. — are not used near the pool.
- Be sure outdoor carpeting is completely dry before it is vacuumed.
- Mount flotation devices for lifesaving near the pool. Many float-type toys are thought to be lifesavers. They aren't, they're only toys.
- Post the 9-1-1 phone number on your phones. Have a phone near the pool area. And don't leave children unattended while talking on the phone.

## Auto Tips

Heat is hard on cars too. Tires, belts, hoses, batteries and other parts take a beating in summer months.

- Have your car serviced at the beginning of summer and have it checked regularly.
- Check your coolant mixture annually. An ideal blend is a 50/50 mixture of water and antifreeze to protect internal parts.
- Check tire pressure weekly to avoid blowouts.
- Rotate tires to decrease wear and tear.
- Check belts for any signs of cracking or breaking and replace them if necessary.
- Never leave children, pets or anything else that is heat sensitive in your car. Consider covers for your dash, steering wheel, and car seats. It can quickly reach 160 degrees and hotter inside your vehicle when it is parked in the sun.
- Carry extra water in your trunk for emergencies.
- Carry simple tools and battery cables.



## Storm Tips



Summer storms can be beautiful, powerful and dangerous. Strong winds, blowing dust, lightning and torrential downpours often accompany our "monsoons" from mid-June to mid-September. And sometimes the powerful forces of nature can cause a temporary interruption of your electric service.

- Stay inside during these storms and keep flashlights and a battery-operated radio handy in case of a storm-related power outage.
- Know the county in which you live as severe weather warnings are issued by county.
- Do not use the telephone and avoid running water or taking a bath or shower during lightning storms, because telephone wires and metal pipes can conduct electricity.
- Do not depend on surge suppressors for lightning protection for sensitive electronic equipment. Unplug TVs, VCRs, stereos, computers, and other sensitive electric appliances that can be damaged by changes in voltage.
- Do not attempt to drive through washes (arroyos or creeks) or cross roads that have temporary barricades. Washes can quickly flood and become dangerous during a monsoon storm.
- Always stay away from downed power lines.
- Report a power outage and get status information through our automated phone system at 602-371-7171 (metro Phoenix area) or 800-253-9405 (other areas). When you call, please be prepared to give your APS account number and phone number.
- Maintain a supply of bottled water and dry foods, which can be prepared without electricity, such as bread and cereals.

Our customer service associates are committed to helping you get maximum value for your energy dollar and are happy to answer your questions.

**If you would like to learn more, please call us.  
We're available 7 days a week, 24 hours a day.**

**aps.com**

**Metro Phoenix area call: 602-371-7171**

**Other areas of Arizona call: 1-800-253-9405**

