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**For Immediate Release**

## **Ameren Missouri shares energy savings tips for of hot and humid forecast**

*Simple solutions to keeping safe on hot summer days*

**Editor's note: soundbites are available [here](#).**

**ST. LOUIS** (July 14, 2020) – With a hot and humid July underway, Ameren Missouri is sharing energy saving tips to help families stay cool and reduce energy usage.

"We want people to stay safe during extremely hot weather," said Bill Davis, director of energy solutions at Ameren Missouri. "Air conditioners are often pushed to their limits when it's this hot, but there are some simple changes you can make to keep your home comfortable."

### **Cool tips from Ameren Missouri**

**1. Feel the breeze.**

When you use a fan and air conditioner simultaneously, you can raise your thermostat setting by a few degrees. Set the ceiling fan's blades to spin counterclockwise to create a cool breeze. Remember to turn off ceiling fans in rooms that you are not currently occupying to conserve energy.

**2. Stay in the shade.**

Curtains and blinds can be your best ally against the summer rays. Keep window coverings closed during the day when the sun is at its hottest. This can be especially beneficial if your windows are older or your home gets a lot of direct sunlight.

**3. Weatherproof your home.**

Weather strip, seal and caulk gaps around your doors and windows, which can let hot air in. You could save 10-20% on your energy bill by sealing uncontrolled air leaks.

**4. Wait to use indoor appliances.**

Some appliances, such as ovens, dryers and dishwashers, give off excess heat. Hold off until after dark to run these so there is less stress on your air conditioner.

**5. Use exhaust fans.**



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Take shorter showers and use bathroom exhaust fans to remove the heat and humidity. Make sure bathroom and kitchen exhaust fans are vented to the outside, not the attic, to keep the warm air out.

**6. Clean the furnace filter.**

Replacing a dirty, clogged air filter with a clean one can lower the air conditioning system's energy consumption by up to 15 percent. Ameren Missouri recommends changing the filter every month or two during the cooling season.

**7. Control your thermostat.**

Consider installing a smart thermostat, which you can set up to run cooler when you are at home or asleep, and a bit warmer for when you are out of the house. This keeps you comfortable while also saving money. Rebates and savings opportunities for smart thermostats and high-efficiency air conditioners are available for customers at [Amerenmissourisavings.com](http://Amerenmissourisavings.com).

Ameren Missouri customers can find rebates on many products that conserve energy, make your home more comfortable and reduce energy statements. Take advantage of over \$120 million in incentives and rebates at [Amerenmissourisavings.com](http://Amerenmissourisavings.com).

**Limited Income Customer Assistance Resources**

Ameren Missouri partners with the United Way and other agencies to provide energy assistance to help limited-income customers manage their energy costs. These programs include weatherization support, heating and air conditioning system assistance, and equipment repair for residential customers. More information is available at [AmerenMissouri.com](http://AmerenMissouri.com).

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Ameren Missouri has been providing electric and gas service for more than 100 years, and the company's electric rates are among the lowest in the nation. Ameren Missouri's mission is to power the quality of life for its 1.2 million electric and 132,000 natural gas customers in central and eastern Missouri. The company's service area covers 64 counties and more than 500 communities, including the greater St. Louis area. For more information, visit [Ameren.com/Missouri](http://Ameren.com/Missouri) or follow us on Twitter at [@AmerenMissouri](https://twitter.com/AmerenMissouri) or [Facebook.com/AmerenMissouri](https://facebook.com/AmerenMissouri).

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