

## No-cost Energy Saving Tips

**Turn down** your thermostat to 68 degrees or lower during the day and evening (health permitting) and to 55 degrees or off at night or when away from home. Wear layers of loose-fitting clothes to trap body heat, such as thermal underwear, sweaters, sweatshirts, sweatpants, and socks.

**Set** your water heater to the “normal” setting or 120°, unless your dishwasher requires a higher setting.

**Open** drapes to let the sun heat your home during the day and close them at night to help insulate.

**Close** off unused rooms and the vents that heat those rooms.

**Keep** warm-air registers, baseboard heaters, and radiators clean and make sure they're not blocked by furniture, carpeting, or drapes.

**Move** furniture around so you are sitting near interior walls instead of exterior walls and windows.

**Close** your fireplace damper tightly when not in use.

**Take** shorter showers.

**Wash** only full loads in your dishwasher and clothes washer.

**Use** cold water when washing clothes.

## Low-cost Energy Saving Tips

**Clean** or replace furnace filters once a month.

**Install** weather-stripping or caulk on leaky doors and windows.

**Install** gaskets behind outlet covers.

**Add** plastic sheeting to your windows or purchase plastic window covering kits or interior storm window kits.

**Install** a programmable thermostat.

**Install** low flow showerheads and faucets.

**Wrap** your hot water tank with jacket insulation. Be sure to leave the air intake vent uncovered when insulating a gas water heater.

**Insulate** the water pipes leading from your hot water heater.

## Health and Safety Tips

Adequate home heating is a necessity of life. The inability to heat your home adequately can put household members at risk. Health and safety risks include hypothermia and carbon monoxide poisoning and the increased possibility of fire.

You can prevent the loss of life and property by identifying potential hazards and following these safety tips:

**Install** smoke and carbon monoxide alarms in your home.

**Provide** proper venting systems for all heating equipment.

**Never use** your range or oven to heat your home or use a BBQ in your home or garage.

**Place** space heaters on level, hard and nonflammable surfaces, not on rugs or carpets.

**Keep** space heaters at least three feet from bedding, drapes, furniture, and other flammable materials.

**Never leave** a space heater on when you go to sleep or leave the area.

**Watch** children and pets closely in rooms with heating equipment.

**Always use** generators outdoors and away from doors, windows, and vents.



**TDD (800) 735-2929**

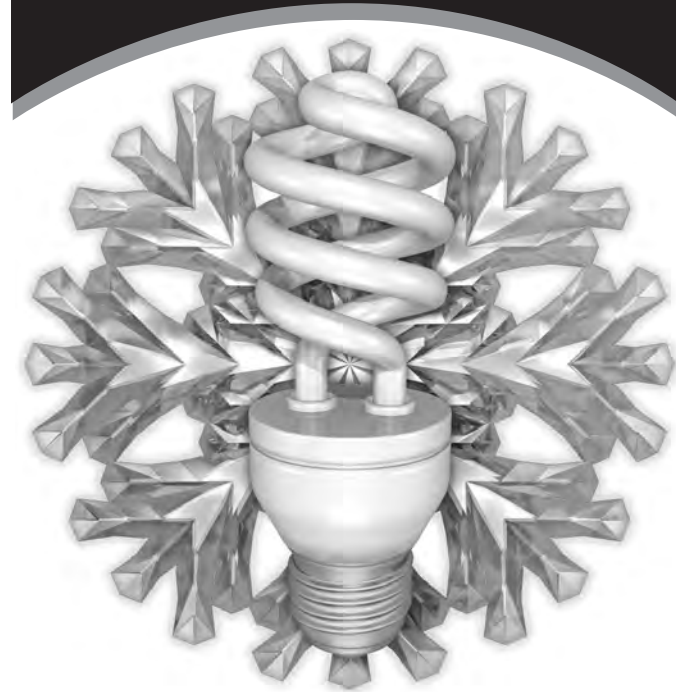
Refer all questions and complaints regarding disability discrimination to Susan Merriman at:

**Plumas County Community  
Development Commission**

(183 W. Main St.), P.O. Box 319  
Quincy, CA 95971

**(530) 283-2466 • (800) 993-5399**

## Energy Assistance Information



### Low Income Home Energy Assistance Program

### Plumas County Community Development Commission

(183 W. Main St.)  
P.O. Box 319  
Quincy, CA 95971

**(530) 283-2466**

**(800) 993-5399**

**www.plumascdc.org**

# What is the Low Income Home Energy Assistance Program?

(also known as HEAP)

The Low Income Home Energy Assistance Program helps eligible households with home energy bills (wood, propane, fuel oil, electricity) by making a payment to a utility company on behalf of the household.

## What utility will the Energy Assistance Program pay for?

A payment can be made to your electric company or your major utility supplier (usually that is the utility that provides space heating and can include wood if it is your main heat source).

## Who is an eligible household?

An eligible household is a household whose gross annual income is below the qualifying income limits.



## What if my heating source is wood?

A payment for wood delivery can be made to qualified wood suppliers.

## What if I have received a "shut off" notice?

If funds are available and you have not received emergency assistance the previous year, you may be eligible for an emergency assistance payment under the following conditions:

- 48-hour shut off notice
- Shut-off notice
- Out of wood

Depending on the amount needed to prevent shut-off or re-establish service, you may have to make a companion payment or make acceptable arrangements with the utility company.

## Have questions or want to know the income guidelines?

For a list of frequently asked questions and income guidelines please go to: [www.plumascdc.org/energy.html](http://www.plumascdc.org/energy.html)



# Where can I get an application? (Locations to call for and/or get help with completing applications)

## PLUMAS COUNTY

### Quincy

Plumas County Community Development Commission..... 283-2466  
Plumas Crisis Intervention Resource Center.....283-5515

### Chester

ABC Center.....258-4280

### Portola

Family Resource Center .....832-1827

### Greenville

Indian Valley Resource Center .....284-1560

## SIERRA COUNTY

### Loyalton

Department of Social Services ..... 993-6720  
Loyalton City Hall ..... 993-6750  
High Sierra Family Resource Center ..... 993-1110

### Downieville

Human Services ..... 289-3711