



# Energy Action Month **POWER. PRESENCE.**



**Take the stairs instead of the elevator,** it's good for your health and saves energy.



**Turn off your computer monitor** at the end of the day.



**Keep air vents accessible to increase air flow** and reduce excess energy waste.



**To prevent glare, eyestrain, headaches, and wasted energy,** do not "over-light."



**Use fans instead of air conditioning** to maintain a comfortable temperature when a room is in use.

