

# USE LESS HOT WATER

- ⌘ **Set your water heater at 120 degrees to save energy, and wrap it in an insulating blanket if it is more than 5 years old**
- ⌘ **Buy low-flow showerheads to save hot water and about 350 pounds of carbon dioxide yearly**
- ⌘ **Wash your clothes in warm or cold water to reduce your use of hot water and the energy required to produce it. That change alone can save at least 500 pounds of carbon dioxide annually in most households**
- ⌘ **Only launder when you have a full load**
- ⌘ **If all the households in the U.S. switched from the hot-hot cycle to warm-cold, we could save the energy comparable to 100,000 barrels of oil a day**
- ⌘ **Use the energy-saving settings on your dishwasher and let the dishes air-dry.**