

## Jet iien ejjab bidodo am etal jen mweio imom ñe eļap an bwil nabōj. Er kein jet men kwo maroñ kōmmani bwe kwōn mōlo lowaan mweo imōm.

- Ped wōt ilowaan mweo imom joñan wōt am maroñ im kajjioñ im pād ilo juon jikin ko ewor air condition.
- Ñe ejjlelok air condition ilo mweo imōm, kwōn kajerbal dreel jaram.
- Kememej: Jekdoon ñe juon deel jaram ej jermal kōmman bwe en emman am pād, ñe 95 tikri. Ak ļaplōk ilo mweo imom kwoj maroñ wōt nañinmej kōn an ļap an bwil. Tutu kon dren mōlo ej juōn kelet emman.
- Kwōn tutu ilo dren mōlo.
- Ñe e bwil, eaikuj ļaplōk am idraak. Juon wewein enaaj jipañ iok ej ilo am idraak dren mokta jen am maro.
- Jab mōñā mōñā ko re māāñāñ im en jab lukkuun ļap am mōñā—men kein renaaj kōmman bwe kwōn māāñāñļok wōt.
- Ilo raan kwōn kattoto katiin, kōj ak bar juon men ilo wūntō ko.
- Jab kajerbal stove ak um.
- Kwon kajerbal injin in kwaļkoļ kōnno im injin in kañōrāik nuknuk jiboñtata ak ñe e tuļok aļ ñe e mōloļok.
- Kwōn kapeļļok wūntō ko ñe e boñ bwe en deļoñ mōlo.



### JIKIN BŌK MEĻEĻE KO IKIJJEN PEBA IN:

“Tips for Preventing Heat-Related Illness,” Centers for Disease Control and Prevention, updated August 16, 2022, <https://www.cdc.gov/disasters/extremeheat/heattips.html>.

“No-Cost/Low-Cost Energy Saving Tips,” Avista, last accessed May 23, 2023, <https://www.myavista.com/energy-savings/energy-saving-advice/diy-savings-tips>.

## Bok jet Buñton ko bwe en Aemololo Mweo Imōm Ilju im Jekļaj

Mokta jān an waļok iien ko re bwil kwōn kōmmani men kein bwe en mōloļok mweo imōm:

- Kallib wōjke ak men in edek ko bwe ren kallor mweo imōm.
- Kwōn check im lale ñe emman joñan insulation ilo bōrwaj eo, kiin em ko, im iumwin floor eo. Men in emaroñ kōmman bwe en koñ am pād im bwe en dikļok oñeān jaram ilo alloñ ko relukkuun bwil im alloñ ko relukkuun mōlo.
- Kwon likūt kein kallor wūntō ko tu nabōjin wūntō ko. Ekkar ñan company eo etan in Avista, katiin im kein pinej wūntō ko rej bōbrae tarrin 65% in an bwil eo an aļ deļoñ ilo wūnto ko.



## Kadikļok Oñeān

- Ñe kwōj kajerbal air condition, kwon kadikļok an mōlo, ak kwōn ukōt joñan an mōlo elōñ katin ilo juon raan ekkar ñan joñan an bwil/mōlo nabōj. Ñe kwōj kadikļok joñan an mōlo ilo iien ko eļap an bwil nabōj, ak ilo iien am jako jān mweo imōm, enaaj dikļok an air condition kañ jaram, im enaaj jujen dikļok oñeān jaram.
- Ñe kwōjab kajerbal jet room ilo mweo imōm kwōn kili kōjām ko im vent ko ilo room ko bwe en jab ļap an AC kañ jaram im bwe en mōloļok room ko jet.

**Elōñ bar meļeļe ko ilo website eo an Avista Utilities kōn men ko kwo maroñ kōmmani bwe en jab ļap am kañ jaram.**



**SNAP emaroñ jipañ yuk kōn oñeān jaram im kōn wāween ko jet ñan kōjparok mweo imōm.**

