

— Summer HVAC Checklist —



Set your HVAC system up for a comfortable summer without any headaches! Our handy summer HVAC maintenance checklist helps you get your air conditioning unit ready for the season. We've also hand-picked several summer HVAC tips to improve energy efficiency, lower home cooling bills, and even reduce summer allergy symptoms.

Before You Turn On Your AC

If you have central air conditioning, you'll need to tackle these three things before powering up your AC unit for the year:

- Replace your air filter.
- Inspect your air vents.
- Remove the cover from your AC unit.

How To Turn on the AC Safely

After you've removed the cover from the AC outside, you're ready to fire up your air conditioning:

- Set your thermostat to "Cool."
- Turn on power at the circuit breaker.
- Turn on the air conditioning unit.
- Listen, watch, and inspect.
- Check your thermostat settings.

How to Prevent Allergies in the Summer

Use your HVAC system to help reduce the impact of summer allergies:

- Keep windows closed.
- Clean often. Dust, sweep, vacuum, and do laundry more often when your symptoms are worse.
- Replace your air filter more often.

What Temperature Should I Set My Air Conditioner In Summer?

The US Department of Energy recommends setting your thermostat to **78 degrees** Fahrenheit when you are home during the summer. Set your thermostat a few degrees warmer to 85 degrees while you're away. You can save more money by increasing the temperature by just four degrees while you sleep! Find the best setting for your central air conditioning with a little experimentation; start at 78 degrees and make small adjustments as needed.