

Caught a Chill? Try These 5 Things Before Turning Up the Thermostat

During the winter months, it may be cold outside, but we would like to stay warm inside. Our homes need to stay comfortable, so our families stay warm and cozy. But what if you feel chilly in your home, even with the heat turned up? Here are some tips that can help keep your home warm all winter [without adding to your monthly heating bill](#).

Important Tips to Keep your Heating Bill Down

1. **Inspect and change your furnace's air filter.** When the air filter is dirty, [your furnace must work](#) that much harder to blow out the warm air. A dirty filter can also block the warm air from circulating throughout your home. Replacing a dirty filter with a clean one can help ensure your home is enveloped in warm air. During the winter months, 1" thick furnace air filter should be changed once a month. Thicker filters only need to be changed twice a year.
2. **Seal all leaks from windows and doors.** Small cracks can allow heat to escape while simultaneously letting cold air from the outside into your home. Sealing the interior and exterior with a weather-resistant caulk can make a big difference in the drafty areas of your home. If your windows or doors are already caulked, you may want to replace the older caulk with a newer application.
3. **Install storm windows or use a window insulation kit.** Windows, especially older ones, can be one of the biggest culprits of causing a chill in your home. If new windows aren't in your budget, a simple insulation kit, using sheets of plastic over the window, can help eliminate the draft, without breaking the bank.
4. **Reverse ceiling fans.** In the winter, ceiling fans should be set to turn clockwise. Whereas in the summer months, a counter-clockwise rotation helps draw warm air up to the ceiling, in the winter a clockwise rotation helps push warm air down into the room and circulate the warmth.
5. **Check your insulation.** Heat can escape from under-insulated attics. To reduce the heat loss, make sure your attic is properly insulated and/or replace old insulation with newer, more effective insulation.

Keeping warm this winter is crucial. If you feel your home is drafty, instead of reaching for the thermostat, first try these simple fixes. It could make the difference in staying warm all winter long and keeping your heating bills under control!