

# ACTIONS

## for Individuals to Mitigate/ Adapt to **CLIMATE CHANGE** --- **ONE TIME ACTIONS**

- **Be Prepared**—for emergencies.
- **Electrify**—vehicles, HVAC systems, water heaters, dryers, ranges. Natural gas is a fossil fuel, stop using it.
- **Find Energy Star**—certified products.
- **Stop or Cut Back on Airline Flights.**
- **Upgrade**—refrigerators (after 10 years of use), HVAC systems, washing machine (front loaders more efficient).
- **Install Solar Panels**—or participate in community solar via Virtual Net Metering ([ashland.or.us/vnm](http://ashland.or.us/vnm))
- **Install LED Light Bulbs.**
- **Have an Energy Audit**—of your home to see if weather-stripping and insulation are adequate; install, repair or replace as needed. Go to [ashland.or.us/energyprograms](http://ashland.or.us/energyprograms) for audit information.
- **Switch** to electric or manual landscaping tools.
- **Install Low-Flow**—water valves for showers and other water faucets; pick up a free set at Public Works Department, 51 Winburn Way.
- **Have a Water Conservation Audit**—and make suggested changes. Go to [ashlandsaveswater.org](http://ashlandsaveswater.org) for suggestions and tips.
- **Collect and Use Rainwater**—for landscape watering.
- **Install Double-Pane Windows.**
- **Install Blinds or Drapes**—to insulate windows.
- **Plant More Trees.**

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### DAILY ACTIONS

- **Drive Less**—stay home, walk, bike, ride the bus, and/or ride share.
- **Avoid Idling**—cut engine after 10 seconds and drive smoothly at lower speeds to reduce fuel use.
- **Share, Repair and Mend**—rather than buy.
- **Use Less**—like a LOT less stuff.
- **Support Local**—both made & sourced products; search for local farms and grower's markets.
- **Find Used**—products.
- **Look for High Quality**—durable products that last longer.
- **Minimize Plastic**—including any packaging.
- **Adjust the Thermostat**—to 67° F for heating, 76° F for cooling.
- **Eat Less Meat and Dairy Products.**
- **Eat Foods in Season.**
- **Compost**—food scraps and yard trimmings
- **Laundry**—stop or decrease use of a dryer (line dry); use cold water.
- **Lower the Temperature Setting**—on the hot water heater.
- **Stop Using Single Use Plastic Products**—such as water bottles, soda cups, shopping bags, etc.
- **Wash and Re-Use Plastic Bags**—if you feel you need to use them.
- **Select Recycled Paper Products**—tissue, towels, printer paper, etc.
- **Opt Out of Catalogs**—check out [catalogchoice.com](http://catalogchoice.com).
- **Opt In**—to paperless billing.
- **Ask for No Receipt**—decline receipts or choose paperless options.
- **TALK TO OTHERS**—What are you doing? What needs to be done?