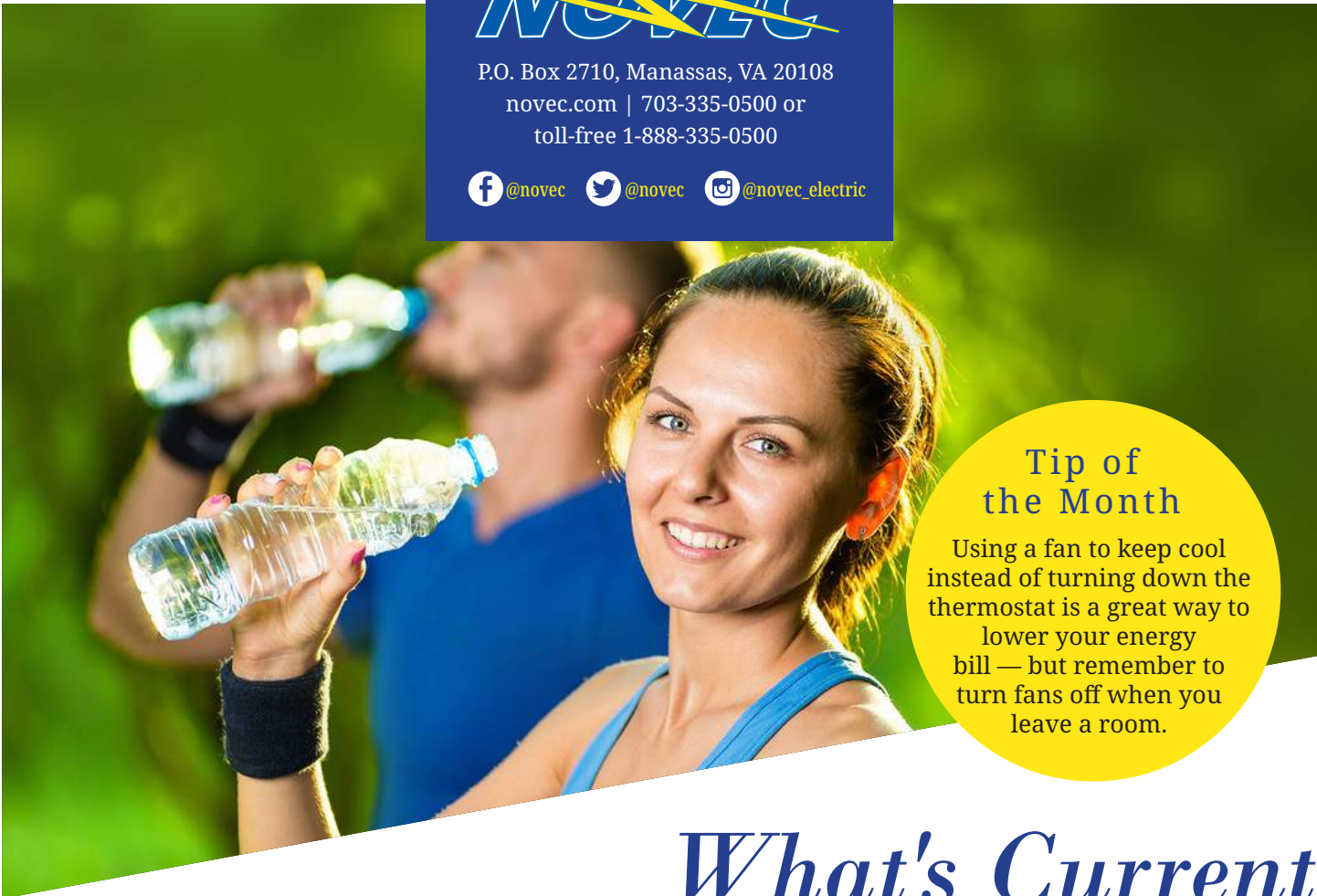




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Tip of the Month

Using a fan to keep cool instead of turning down the thermostat is a great way to lower your energy bill — but remember to turn fans off when you leave a room.

What's Current

AUGUST 2019

KNOW THE SIGNS OF HEAT-RELATED ILLNESS

August has arrived with sunny days and high outdoor temperatures. While the tips at novec.com/save can help you stay cool indoors and save money, NOVEC encourages all customers to know the signs of heat-related illnesses. Stay safe when spending time outdoors with these tips:

1



Use a battery-powered personal fan or a spray-mister. These can help cool you off when spending time outdoors in hot weather.

2



Wear lightweight, light-colored, loose-fitting clothing. Cotton and linen “breathe” well. Don’t wear jackets or pants with linings — linings trap heat.

3



Wear a wide-brimmed hat, sunglasses, and apply sunscreen with SPF 15 or higher 30 minutes prior to sun exposure. Reapply according to package directions.

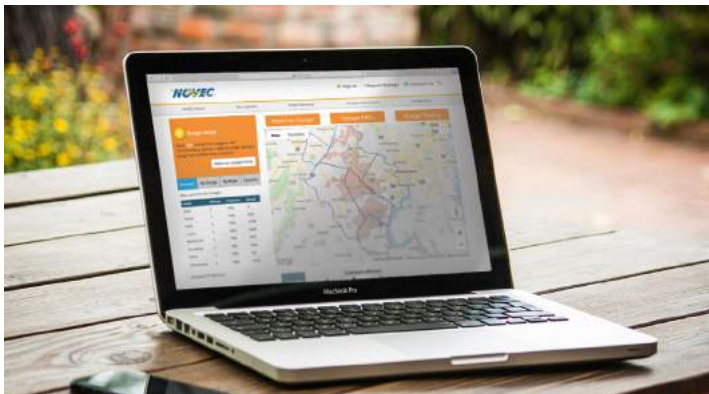
4

Pace yourself during exercise. If you’re not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If activity in the heat leaves you gasping for breath or feeling extremely weak, STOP. Get to a cool area or into the shade to rest.

5

Drink more fluids, regardless of how active you are. Don’t wait until you’re thirsty to drink. Avoid sugary or alcoholic drinks, which are dehydrating. Also avoid very cold drinks, because they can cause stomach cramps.

If you see someone exhibiting symptoms of heat cramps or heat exhaustion, move them to a cool place and have them sip cool, not cold, water. If the person shows signs of heat stroke, call 911 immediately. Learn more at cdc.gov/disasters/extremeheat.



HOW TO REPORT AND TRACK OUTAGES

Reporting your outage to NOVEC helps speed up power restoration. Report your outage at novec.com/report, or call 703-335-0500. You can also text #OUT to 85700 from a cellphone listed on your NOVEC account. Text STATUS to receive updates on that outage. To track an outage online, visit novec.com/outagecenter.

When you report online or call to report from an account-listed phone number, system operators can automatically locate your outage. Additionally, if NOVEC needs to disrupt service for maintenance, the Control Center can inform you in advance by calling or sending a text message to the account-listed phone number.

How to update your account information

Log into novec.com, select Manage Account, then Update Account. You can also call 703-335-0500 or 1-888-335-0500, select option "2," then option "3," and follow directions. You'll need your account number. You can list up to two phone numbers on your account.

ANNUAL MEETING IS NEXT MONTH

NOVEC's annual meeting is Wednesday, Sept. 18. Members will enjoy a complimentary dinner, displays, discussions with NOVEC employees, musical entertainment, reports from Board Chairman Wade House and NOVEC President/CEO Stan Feuerberg, and a chance to win a door prize.

Registration/Dinner: 6 p.m.

Meeting Starts: 7:30 p.m.

Where: Battlefield High School,
15000 Graduation Drive,
Haymarket, VA 20169

If Battlefield High School must close on Sept. 18, NOVEC will hold the meeting at the school on Oct. 16.

During the business portion of the meeting, members will vote to elect a board director to represent District 2. The district comprises most of NOVEC's territory in Loudoun County, but members from all seven districts may vote in the election. Members who cannot attend the meeting may assign a proxy vote online or by mail.

Members will receive a registration card in the mail that provides instructions for assigning your proxy by mail or online at novec.com. Members who assign their proxy online or by mail, or attend the annual meeting in person, will be eligible for a prize drawing.

For more information about the meeting, visit novec.com/annualmeeting.

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