

# From your energy efficient experts

Be sure to place these stickers in the advised locations around your home, to provide day-to-day reminders on how you can save energy, reduce your bills, and live in a warmer, more comfortable home.



**GREEN  
DOCTOR**

For your radiators:

**DON'T USE ME** TO DRY YOUR CLOTHES 

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For your washing machine:

< WASH YOUR CLOTHES AT **30°**

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 WASH YOUR CLOTHES AT **30°**

< WASH TOWELS /BEDDING AT **40°**

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For your thermostat:



**18°** KEEP ME BETWEEN **21°**

EACH DEGREE BETWEEN 18-21° COULD SAVE UP TO **£100** OFF YOUR BILL EACH YEAR

Cooker:

**DON'T FORGET** ⇒ TO OPEN THE WINDOW/USE YOUR EXTRACTOR FAN WHEN COOKING

For your kitchen:

Kettle:

 ONLY FILL ME WITH WHAT YOU NEED >

For your bathroom:



**DON'T FORGET**

⇒ TO USE YOUR EXTRACTOR FAN AND OPEN THE WINDOW AFTER SHOWERING

For your calendar:



IT'S TIME TO DO A METER READING



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