



Seal and Insulate with ENERGY STAR®

The simple
choice for
energy
efficiency



Seal and Insulate your Home for Comfort and Savings

Did you know that 9 out of 10 homes in the U.S. are under-insulated?*

 Sealing air leaks around your home and adding insulation are two of the most cost-effective ways to **improve energy efficiency and comfort** in your home. By tackling both projects, you can maximize your comfort and save up to [10% on your annual energy bills](#).

Sealing leaks and adding insulation can also help fix other common problems, such as:

- Reducing noise from outside
- Minimizing the pollen, dust, insects, and/or pests from entering your home
- Providing better humidity control
- Reducing ice dams on the roof and eaves – a common problem in snowy climates



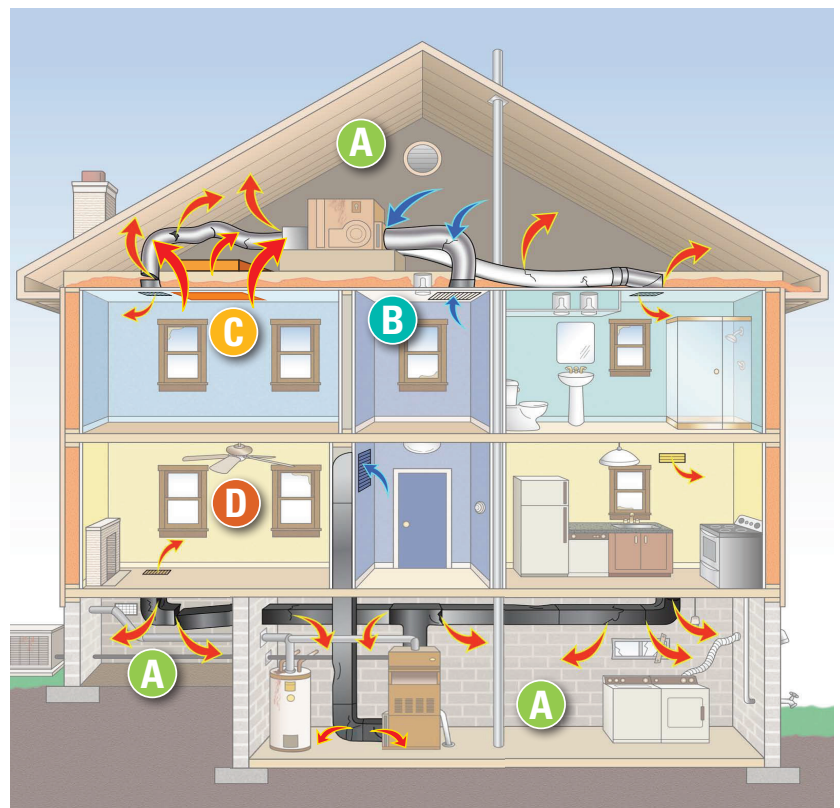
Read on to learn how you can properly seal and insulate your home, whether you do-it-yourself or hire a contractor.

Sealing Air Leaks

Most homes have air leaks that cause drafts, make you uncomfortable, waste energy, and cost you money.

Where can you find air leaks?

- A** The biggest air leaks are typically hidden in the attic, basement, or crawlspace. Sealing those big leaks will have the biggest impact on your energy bills and comfort. Look for gaps and cracks around pipes and wires, holes, spaces for ducts (called chases), and the top or bottom of walls that are not fully covered. These holes can be sealed with long-lasting outdoor caulk, spray foam in-a-can, or sheets of foam board or plywood for the big holes.
- B** Recessed (or can) lights and spaces around chimneys and flues can also have big leaks. These areas can get hot and need special sealing materials. Use high temperature caulk, can light covers, sheet metal, or dry wall to cover and seal those leaks.
- C** Attic hatches can be a big source of leaks. Stop the leak by adding insulation and weather stripping to the attic hatch cover.
- D** Gaps and leaks around windows, doors, outlets, and wall switches can be a source of discomfort, but are easy to locate. Use weather stripping or outlet seals around these smaller leaks to solve the problem.



Common air leaks

*Compared to 2006 IECC standards, Source: Boston University and NAIMA.



Take Action:

- Ready to get your hands dirty? Find a step-by-step guide and tips on how to locate common air leaks and seal small and large holes here: <http://www.energystar.gov/sealandinsulate>.
- Prefer a hands-off approach? Never fear, you can hire a qualified home energy professional to conduct a home energy audit. They have tools like blower doors and infrared cameras to find leaks and identify solutions. Start by checking with your local utility to see if they have pre-screened contractors or offer rebates for air sealing projects.



Adding Insulation

Insulation helps keep your home warm in the winter and cool in the summer. There are several common types of insulation—fiberglass (in both batt and blown forms), cellulose, rock wool, foam board, and spray foam. When correctly installed, each type of insulation can deliver comfort and savings, especially during the hottest and coldest times of the year.

Insulation that has been certified by EPA-recognized third-party certification bodies is independently tested to ensure it delivers performance while meeting strict safety standards. Just look for the Seal and Insulate with ENERGY STAR mark on products at your local retailer.

Insulation performance is measured by R-value—its ability to resist heat flow. Higher R-values equal greater insulating power. Different R-values are recommended for walls, attics, basements, and crawlspaces based on your area of the country (see [Recommended Home Insulation R-Values](#)).



Take Action:

- Feeling handy? Find a step-by-step guide and tips here: <http://www.energystar.gov/sealandinsulate>.
- Looking for an expert? You can hire a qualified professional to install insulation and get this project taken care of quickly. Contact your local utility to see if they have pre-screened contractors to help you and if they have discounts on insulation installation.

Finally, insulation works best when air is not moving through or around it. So, whether you do-it-yourself or hire a contractor, remember to seal air leaks before installing insulation to make sure you get the full R-value from the insulation you buy.

For more in-depth information on how to make your home more comfortable and energy efficient, as well as save you money, visit energystar.gov for more information.



ENERGY STAR® is the simple choice for energy efficiency. For 25 years, EPA's ENERGY STAR program has been America's resource for saving energy and protecting the environment. Join the millions already making a difference at energystar.gov.

