



# How to air seal your home

## Why weatherize?

Most homes in Vermont can benefit from more insulation and air sealing. You'll save energy by properly air sealing and insulating your home, and you'll stay more comfortable, year-round.



## Materials checklist:

- Incense (to help find air leaks)
- Silicone, acrylic latex caulk and/or low expanding foam for air sealing
- Cans of expanding spray foam insulation

## Top 10 usual suspects for air leaks

1. **Sill plates** - These are the pieces of wood that connect your house frame to the foundation, and can be accessed through the basement.
2. **Outdoor water faucets** - Locate any penetrations to your exterior walls, and air seal around them.
3. **Exterior door frames** - Apply caulk around the frame, and apply weather strips to the door jambs.
4. **Window frames** - Seal around window frames with caulk and weatherstrip windows.
5. **Plumbing & utility closets** - Seek out plumbing penetrations throughout the home, and seal around them with caulk. Don't forget to look in cabinets and utility closets.
6. **All ducts** - Find and seal leaks wherever ducts penetrate walls, ceilings, and floors.
7. **Attic entrance** - Apply caulk around the frame, and apply weather strips for the hatch to sit snugly on.
8. **Recessed lights** - Most of these require sealing from inside your attic.
9. **Ceiling** - Look for obvious cracks and seams, and also dirty spots—these may indicate an air leak.
10. **Outlets and switches** - After shutting off electricity, install foam gaskets behind outlet and switch plates.

## Test your home for air tightness

On a windy day, hold a lit incense stick any place you suspect a leak. If the smoke streams horizontally, you've found an air leak.

Need more help?

View how-to-videos at [www.encyvermont.com/DIY](http://www.encyvermont.com/DIY)  
Contact our help line for trouble-shooting support at 888-921-5990



## Practical tips for do-it-yourself sealing



When caulking, hold the gun at a slight angle, and work backward along the seam rather than pushing forward.



Use low-expanding foam when sealing board insulation against wood rim joints.



Avoid sealing windows shut with caulk. Use weather stripping on any moving parts.



While some work can be done on your own, we recommend working with an Efficiency Excellence Network (EEN) contractor to air seal and insulate your entire home and reduce your bills as much as possible. They can also account for air quality and address other safety concerns.

To find a qualified contractor near you, visit [www.encyvermont.com/contractors](http://www.encyvermont.com/contractors)

For more information call us at 888-921-5990  
or visit [www.encyvermont.com](http://www.encyvermont.com)

Connect with us on social media



Efficiency  
Vermont