

Do solar photovoltaic panels need to be installed



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Do You Need a Permit to Install Solar Panels?

Yes, most solar panel installations require permits. Whether you're installing rooftop panels or a ground-mounted system, local building

A Pro Guide to Installing Solar Panels

This guide reviews the best practices for solar panel installation, the equipment needed for solar energy systems and how to calculate solar energy installation costs.



Arthritis pain: Do's and don'ts

Arthritis is a leading cause of pain and limited mobility worldwide. There's plenty of advice on managing arthritis and similar conditions with exercise, medicines and stress management. But

[Automated external defibrillators: Do you need an AED?](#)

An automated external defibrillator (AED) is a portable device that can be used to treat a person whose heart has suddenly stopped working. This condition is called sudden cardiac arrest.



Homeowner's Guide to Solar

Typically, solar panels perform best on south-facing roofs with a slope between 15 and 40



degrees, though other roofs may be suitable too. You should also consider the age of your roof and how long

How well do face masks protect against COVID-19?

Face masks can help slow the spread of coronavirus disease 2019 (COVID-19). Learn about mask types, which masks to use and how to use them.



[Acute sinusitis: Do over-the-counter treatments help?](#)

Medicine you can get without a prescription may give some relief from acute sinusitis symptoms.

Cardiopulmonary resuscitation (CPR): First aid

Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has sudden cardiac



[Weight training: Do's and don'ts of proper technique](#)

You might learn weight training techniques by watching friends or others in the gym, but sometimes what you see isn't safe. Weight training technique that isn't proper can lead to muscle



Triglycerides: Why do they matter?

Why do high triglycerides matter? High triglycerides may contribute to hardening of the arteries or thickening of the artery walls, called arteriosclerosis. This condition increases the risk of



[Osteopathic medicine: What kind of doctor is a D.O.?](#)

You know what M.D. means, but what does D.O. mean? What's different and what's alike between these two kinds of health care providers?

Exercise: How much do I need every day?

You can do strength training by using weight machines or weights, your own body weight, heavy bags or resistance bands. You also can use resistance paddles in the water or do activities



Hand-washing: Do's and don'ts

Hand-washing: Do's and don'ts Hand-washing is an easy way to prevent infection. Know when and how to wash your hands, and how to get children into the hand-washing habit.

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