

# Keeping Cool, When It's Not...

## **Keeping Yourself Cool...**

- Wear lightweight, loose fitting, light coloured clothing.
- Fill a hot water bottle with cold water and ice; put into fridge or freezer to cool more.
- Wrap yourself with wet/damp towels; especially around your neck.
- Put bedsheets in the refrigerator or freezer. They'll be cold when ready for bed.
- Drink plenty of cool, non-alcoholic beverages even before you feel thirsty.
- Avoid outdoor activity during the hottest hours of the day (11:00-4:00).
- Shelter from extreme heat. If you have to be outdoors, wear a wide-brimmed hat, or use an umbrella for shade.
- Avoid tiring work or exercise in hot, humid environments. If you must work or exercise outside, drink 2 to 4 glasses of non-alcoholic fluids each hour. Take breaks from the heat in shaded environments.
- Take a dip in a swimming pool, a lake or the ocean.
- Spend time at a Cooling Centre or any public building with air conditioning.

## **Keeping Your House Cool...**

- Leave windows open at night and close early in the day.
- Shut your curtains and blinds early in the day or use outdoor sun/solar shades in front of large windows. A darker room is a cooler room.
- Turn off all electrical appliances that are not being used. They all emit heat.
- Make your own air conditioner: fill a bowl with ice and place in front of an operating fan.
- Cover your sky lights or sky light ceiling openings with newspaper, aluminium foil, whatever you have that can keep out the sunlight so it doesn't get a chance to heat interior surfaces.
- Try not to use your oven during the hottest part of the day.

## **Remember your pets get hot too...**

- Never leave an animal in a parked car. Cars heat up quickly.
- Lay cool, damp towels over their back or use a cooling collar.
- Ensure pets have access to cool water throughout the day
- Keep your pets indoors as much as possible. If they are outside, limit excessive exercise and make sure they have access to shaded spaces to rest.