***Stay Cool***

**25 Quick-and-Easy Suggestions**

***My Cool Me***

Heat is very hard on bodies, especially on older bodies. So we need a personal plan to keep cool. Here are some suggestions for keeping yourself cool this summer.

**STAY COOL**

1. Put ice on your wrists, neck, and other pulse points to reduce body temperature.
2. Use cotton or linen sheets on your bed.
3. Wet a large towel and place it over your body as you lie on the bed. Aim a fan at the towel.
4. Put damp sheets in the freezer and use them before bed.
5. Freeze damp towels and cycle them back to the freezer when thawed.
6. Take lukewarm to cool baths, sponge baths, or showers. For baths, fill the tub first with lukewarm or room-temperature water and get in. Gradually, let the lukewarm water out, and refill it with cold water until you're in a mostly cold bath. You'll feel cool for a long time afterward.
7. Wear clothing made from breathable material like linen or cotton.

**STAY INSIDE**

1. Create a cross breeze: Locate a fan across the room from a window. For really hot nights, place a frozen water bottle in front of the fan. Close the doors of any rooms not in use, but keep doors open to places like your bedroom and bathroom.
2. Wait till evening to do chores or other activities when it’s coolest.
3. Avoid going outdoors, especially between 10 am and 4 pm.
4. Always walk on the shaded side of the street. Rest if you feel tired.
5. If you have to go outdoors, wear light-coloured, loose clothes (preferably cotton), sunglasses and a sun visor or a brimmed hat or use an umbrella.
6. Never stay in a car, or leave anyone, including your pets, in a car.
7. Avoid all strenuous activities.

**STAY HEALTHY**

1. Keep in touch with your neighbours and support people.
2. **Watch for signs of heat stress**. Sweating is the first sign it is too hot, but other [effects of heat exposure](https://www.niehs.nih.gov/research/programs/geh/climatechange/health_impacts/heat/index.cfm#:~:text=Prolonged%20exposure%20to%20extreme%20heat,%2C%20cerebral%2C%20and%20cardiovascular%20diseases.) are very serious.
3. Keep hydrated: drink lots of water and juice. Limit alcohol and caffeinated drinks.

***My Cool Home***

You can do a few simple things to make your *home* cooler. Most of them don’t cost much.

1. Buy a portable air conditioner and put it in your bedroom. You can add water and ice cubes to it. You can buy these small units online.
2. Organize to install an air conditioner in a window.
3. Use portable fans creatively to cool down spaces. If you have multiple fans, set them up so they intersect, the air hitting you from multiple directions.
4. Consider using lighter-colored or neutral curtains or blinds to help reflect heat out. You can also invest in [black-out curtains](https://www.zebrablinds.com/blog/do-blackout-curtains-block-heat-06-2020-27/#:~:text=Blackout%20curtains%2C%20because%20of%20the,the%20blackout%20curtains%20gets%20reflected.).
5. Lower your blinds and/or close curtains to block the sun during the hottest parts of the day.
6. Do not use your stove or oven to cook. Microwave ovens are okay. Redirect your cooking energy. Try out an Instapot meal or cook with a Crock-Pot. If you must cook, try to cook later in the day.
7. Unplug unused electronic equipment and devices that might draw heat (like printers or television sets -- even in “sleep” mode). Just keep things turned off: try to limit turning on unnecessary lights or electronics.
8. At night: if the temperature drops below your apartment’s indoor temperature, open your windows. Be sure to close them early in the morning before the heat increases. Angle fans to suck in the cool, outdoor air.