

NO AIR CONDITIONING? BEAT THE HEAT



Tips on How to Stay Cool at Home



STAY HYDRATED

Remember Your H₂O

The first step to keeping your body temperature down on a hot day is to drink lots of chilled water. As you lose water due to dehydration, your body temperature rises. Replace those lost fluids to help stay cool.



KEEP YOUR BLINDS CLOSED

Shut Out The Heat

During extreme hot weather, it is important to keep your windows, doors and blinds shut during the day to avoid the hot sun beating down onto your home.

Up to 30% of unwanted heat comes from your windows, and utilizing shades and curtains can lower indoor temperatures by up to 20 degrees. This is especially the case with south and west facing windows.

If temperatures drop at night, crack the windows before going to bed, just be sure to close them again before things get too hot in the morning.



USE YOUR FANS WISELY

Create a Cool Breeze

Set your ceiling fans to rotate counter-clockwise in the summer at a higher speed. Your fan's airflow will create a wind-chill breeze effect that can help to make you feel cooler. Try filling a mixing bowl with ice and position it at an angle in front of a large fan so the air whips off the ice towards you.

Fans keep air moving around, rather than actually cooling the air, so it's best to set up your fan in a window or hallway so you can create a cross breeze that will draw in cooler air from the outside or from a cooler area inside of your home to the warmer areas.

Large box fans are best placed near the window. If the window is exposed to sun, you want the fan pushing the hot air build up out of the room.



SWAP YOUR SHEETS

Ditch the Flannel

Although textiles like fleece and flannel are great for insulation, cotton with a lower thread count is a smarter move on hot days as it breathes easier and stays cooler.



AVOID THE OVEN

Grilling Season

Using your oven or stove in the summer will make your home hotter. If possible, use an outdoor grill for preparing your meals or consider ordering out, making a microwave meal or using a slow cooker.

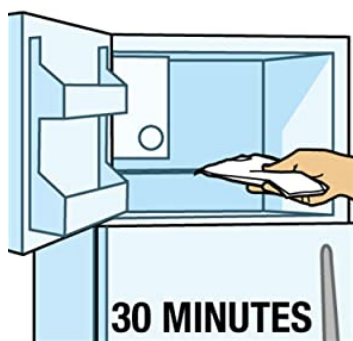




AVOID EXCESSIVE ALCOHOL CONSUMPTION

Sun & Alcohol: A Risky Cocktail

A cold drink on a hot day is as refreshing as it gets, but be sure to choose the right drink. The effects of sun and alcohol on your body can include dehydration, heat stroke, dilated blood vessels leading to fainting or 'blacking out', and higher risks of accidental injury.



COOL COMPRESS

Utilize Your Pressure Points

Dip a washcloth into a bowl of water with ice, or wet a cloth and place it in the freezer for 30 minutes. Place the cloth on your forehead, back of your neck and your wrists. This can help to make you feel cooler almost instantly.

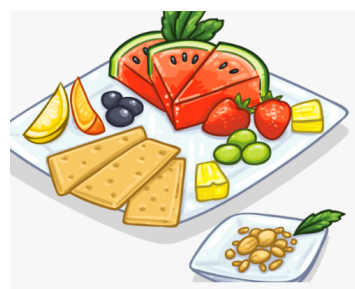
Dipping your feet into cool water can also help lower your body temperature and make you more comfortable during a hot day.



SPRITZER BOTTLE

Create a Cool Mist

Fill a spray bottle with cold water and mist yourself throughout the day when you are feeling overheated.



AVOID LARGE MEALS

Snack More Frequently Throughout the Day

Try eating smaller meals high in fruits and vegetables throughout the day. Avoid large protein-filled meals or overly spicy food that can cause your metabolism to increase your body temperature.



TAKE A COOL SHOWER OR BATH

Lower Your Core Temperature

For an extra cooling effect, try adding peppermint soap in your shower or bath. The menthol in peppermint activates receptors in your brain to convey whether something you're feeling is cold.



ENJOY FROZEN TREATS

Be Careful Not to go Overboard on Sugar

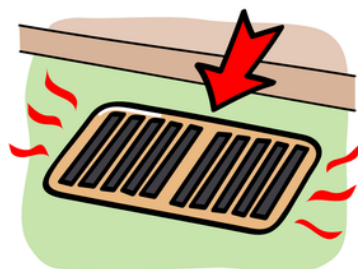
A helpful way to stay cool is to eat cold foods. Stock your freezer with your favourite frozen treats, ice cream and sorbet, but be careful not to consume too much sugar. Make your own fresh fruit popsicles, so they are healthy to eat and you can control how much sugar they contain.



WEAR COOL CLOTHING

Ditch the Dark, Heavy Fabrics

Stay cool in light, loose fitting cotton clothing. Avoid dark, heavy fabrics with less breathability.



TURN ON BATHROOM FANS

Direct the Heat Out

Your bathroom fan, as well as the exhaust fan in your kitchen, direct the hot air that rises out of your home. Turn them on during the day to help keep your kitchen and bathroom cooler.

