

# Stay Cool at Home



**Check on older neighbors and relatives. Encourage them to stay cool and drink lots of water.**



## Sunlight makes it hotter indoors.

Cover your windows to keep sunlight out. Aluminum foil, heat control window film, or cardboard can be placed in windows to stop sunlight.

## Some appliances create heat.

Use kitchen and bath exhaust fans to remove heat and humidity from your home. Eat cold foods or cook outside in the shade.



## Stay cool with water.

Don't rely on a fan to keep you cool during a heatwave. Put a cold, wet towel or ice pack on your neck. Take a cool shower or bath. Mist yourself with a spray bottle.

## Open windows when it's cooler outside than it is inside.

Make a cross breeze in the cooler time of day. Put one box fan in a window blowing air out and one box fan in a window blowing air in.

## If it is too hot at home, go to an air-conditioned place.



Visit a mall, movie theater, library, or other cool place. Need help? Call 2-1-1 (866-698-6155)