

## **How to Keep Your Home Cool**

- 1. Use light colored drapes, curtains or blinds to keep the sun out during the day.**
- 2. Keep windows closed during the day and open them at night.**
- 3. Do not use appliances such as washer or dryer, stove, or oven during the day. Keep the refrigerator /freezer closed.**
- 4. Drink cold water all day. Avoid drinks with alcohol or caffeine. Take a cool shower or apply a cool damp cloth to arms, legs and neck.**
- 5. Remove extra bedding at night.**
- 6. Place a fan in the window at night. Place a frozen bottle of water in a bowl in front of the fan. DO NOT sit directly in front of the fan.**