

Keeping cool in extreme heat

Install window air conditioners snugly

- Close any floor heat registers nearby
- Insulate spaces around air conditioners for a tighter fit
- Use a circulating or box fan to spread the cool air

Keep heat outside and cool air inside

- Install temporary reflectors, such as aluminum foil on cardboard to reflect heat back outside.
- Keep cool air inside by weather-stripping doors and windowsills
- If using air conditioning, consider keeping storm windows up all year. Storm windows can keep the heat out of the house in the summer, the same way they keep cold out in the winter
- Check air conditioning ducts for proper insulation
- Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80 percent.

Personal safety in extreme heat



- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember that electric fans do not cool, they just blow hot air around.
- Drink plenty of water regularly. Eat well-balanced, light meals. Limit alcoholic beverages.
- Dress in loose-fitting clothes that cover as much skin as possible. Lightweight, light colored clothing reflect heat and sunlight and help maintain normal body temperature.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly and very young people.
- Slow down. Reduce, eliminate or reschedule strenuous activities. High-risk individuals should seek out and stay in cool places.
- Seek air-conditioned shelters such as malls in prolonged heat waves. Even relief from extreme heat for short periods of time can benefit health in prolonged heat waves.