

# How to Stay Cool

# on Hot Days



## P L A T F O R M

- Supermarket (frozen/chilled aisles).
- Shopping malls.
- Coffee shops.
- Various shops/stores.
- Movie theaters.
- Museums.
- Public libraries.
- Restaurants.
- Cooling centers (some cities set up for heatwaves).

## F O O D S

- Watermelons.
- Cantaloupes.
- Cucumbers.
- Watercress.
- Lettuce.
- Tomatoes.
- Strawberries (and all berries!)
- Pineapples.
- Oranges.
- Apples.

## N I G H T

- Put a wet and cold sheet in front of the window.
- Put the duvet away and sleep only with a sheet.
- Get small clip-on fans for the bed.

## N I G H T

- Wear loose, breathable pajamas or none at all.
- Use a cooling pillow.
- Add ice packs to your bed or frozen water bottles.
- Use cooling gel mattress topper/cooling bed system.

## A T H O M E

- Get a mist spray bottle and put it in the fridge.
- Freeze a pack of peas and use them to cool down.
- Unplug all the electronics you don't need.
- Avoid cooking indoors (if possible).
- Spray clothes with water, put them in a ziplock bag & in the freezer for 15-20 min.

## A T H O M E

- If you don't have AC, get a portable AC/window AC.
- Keep the blinds or curtains closed.
- Open the windows wide when it cools down.
- Put a bowl of ice cubes in front of a fan.
- Stock up on ice.

## I T E M S

- Car sunshades.
- Cooling car seat cushion.
- Cooling pillow.
- Moisture-wicking cooling sheets.
- Cooling hat.
- Moisture-wicking underwear.
- Cooling gel bra inserts.
- Cooling wristbands.

## I T E M S

- Portable AC.
- Tower fan.
- Handheld mini fan.
- Ice chest cooler.
- Cooling neck wrap.
- Cooling socks.
- Insulated water bottle.
- Mist spray bottle.

## O U T D O O R

- Avoid going out during the hottest times of day.
- Use an insulated water bottle.
- Wear a cooling hat.
- Carry a facial spray for misting.
- Seek shade.
- Wear sunglasses.
- Avoid physical activities like running.

## O U T D O O R

- Wear cotton/linen clothes (as opposed to synthetic).
- Wear baggy clothes that allow for airflow.
- Freeze a water bottle and take it with you.
- Carry a portable handheld fan with you.
- Get a cooling towel.
- Use an umbrella.