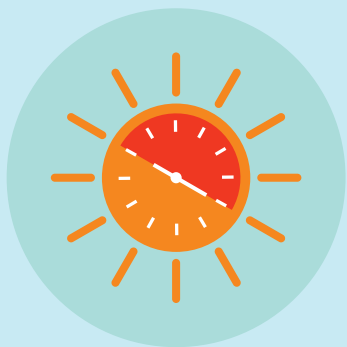


KEEP COOL AT HOME



When it gets hot and humid, use these helpful tips to keep cool at home during the summer heat.



Stay away from direct sun exposure from 10 am to 6 pm



Stay hydrated – drink water regularly, even more than you think you need.



Stock up on sunscreen, water bottles, sunglasses, sun hats, wading pools, spritz bottles, or whatever you'd need to help you cool down.



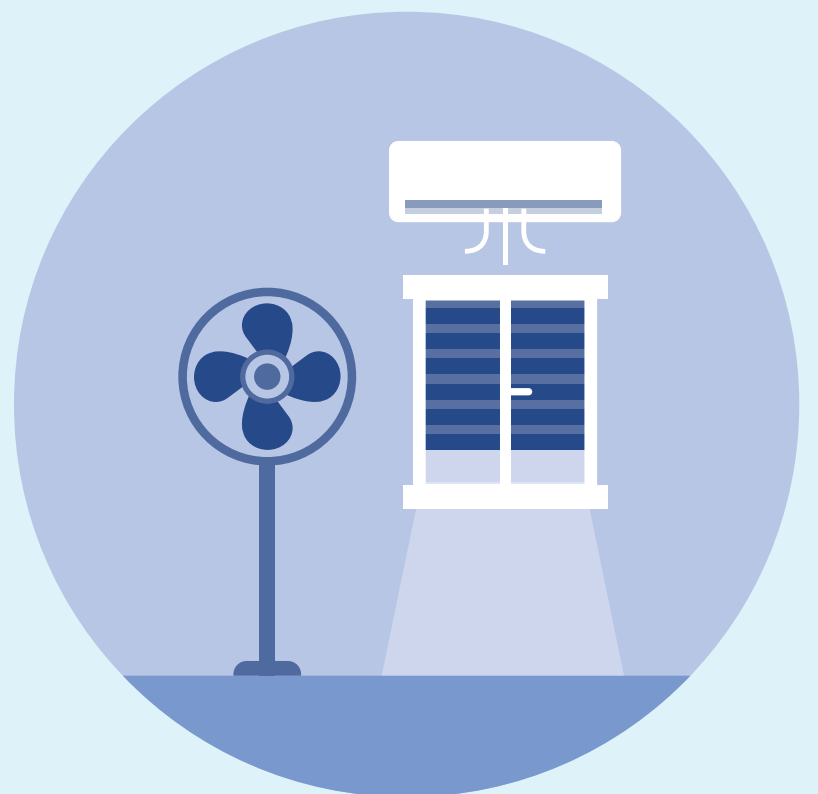
Skip heavy foods, and opt for salads, sandwiches, fruits, and vegetables instead — Cook food in an outdoor barbeque or microwave.



Cool baths and showers, or lightly misting yourself and your clothing with cool water will help keep you from overheating.

Take note of the amount of sunlight your home receives at different times of the day and get a good thermometer for your home so you know which rooms get the most heat buildup.

- Use air conditioners, portable fans, and air purifiers - Avoid using heat producing appliances like the stove, oven, dishwasher, and dryer to avoid generating extra heat. Even smaller appliances, such as laptops and toasters, are best unplugged.
- Close blinds and shutters during the daytime and open them at night. Open your windows at night to let in cooler air. Install or use curtains and blinds to help block sunlight and reduce indoor heat. Light coloured curtains can reflect the sun.
- Learn how to use natural ventilation but take care not to compromise security. Create cross-breezes when you open a window or door on either side of your home. Change the direction of your ceiling fan to a counterclockwise rotation as it creates a downdraft to help cool your home.
- Consider changing your light bulbs to energy-efficient LED light bulbs — it'll save you on power bills in the long run and emit almost no heat.
- If it's too hot at night, pick a cooler place to sleep, such as the ground floor or the basement. Indoor hammocks or the living room couch might be better spots until temperatures cool down.



Be a SUN ANGEL

Develop a buddy system and check in with friends, family, and neighbours, particularly those who are elderly, socially isolated, or who have mobility challenges as they may be less able to prepare themselves and their homes.