

9 WAYS TO *Stay Cool*

WITH
NO AIR CONDITIONING

Sw SOUTHWESTERN
Public Health
Oxford • Elgin • St. Thomas

CLOSE WINDOW SHADES

during the hottest part of the day to reduce direct sun exposure



AVOID COOKING HOT FOOD INDOORS

during the day when it's hottest



UNPLUG LARGE ELECTRONICS

such as televisions, that produce heat



VISIT A COOLING CENTRE

if you are not showing symptoms of COVID-19. Cooling centres in Southwestern Public Health's region can be found on our website at swpublichealth.ca



WEAR LIGHTWEIGHT, LIGHT-COLOURED AND LOOSE-FITTING CLOTHING



TAKE A COOL BATH OR SHOWER



AVOID STRENUOUS ACTIVITIES

especially during the hottest parts of the day



PLACE A BOWL OF COLD WATER OR ICE IN FRONT OF AN ELECTRIC FAN

to create a cool breeze



DRINK COOL WATER BEFORE FEELING THIRSTY

avoiding alcoholic and caffeinated beverages

