



Keeping Cool During a Heat Wave

During the summer, your home can get hotter and stay hotter longer than the air outside. Make a plan to keep your home cool.

Use Fans Properly...

- Place fans in or next to a window to bring in the cooler air from outside.
- Do not use fans when the temperature in a room is 34°C or higher as it creates a “convection oven” type of effect. This is especially a concern for older adults and people taking certain medications since their ability to sweat is decreased.
- To increase cooling, a bowl of ice can be placed in front of the fan which will blow colder air.

More Tips to Keep Your Home Cool...

- Keep blinds or drapes closed to block out the sun during the day.
- Make meals that don’t involve the use of an oven, especially if you don’t have air conditioning.
- Unplug electronics and turn off lights when not in use.

Ways to Help You Keep Cool...

- Take cool showers or bathes.
- Wear loose fitting clothing and a wide brimmed hat
- Avoid the sun, stay in the shade.
- Avoid strenuous physical activity.
- If you must do physical activity in extreme heat, take extra breaks, remove gear to let your body cool off
- Stay hydrated, drink lots of water even before you feel thirsty. If you are outside and need to hydrate the City of Peterborough has 3 free water refill stations at:
 - ✓ Peterborough Marina
 - ✓ Eastgate Memorial Park
 - ✓ Beavermead Park