

# HOW TO

# STAY COOL

## AT HOME

### When it heats up outside use these tips to STAY COOL AT HOME

**Avoid the sun!**  
Between 10 am and 4 pm.



**Don't overdo it!**  
Rest and relax often, especially if you feel tired or hot.



**Keep hydrated!**  
Don't wait until you feel thirsty, drink water often to help you keep cool.



**Don't overheat!**  
Take cool baths and showers, or lightly mist yourself and your clothing with cool water.



**Make food cool!**  
Eat salads, fruits, and vegetables to help hydrate. Cook food in a microwave or outdoor barbeque.



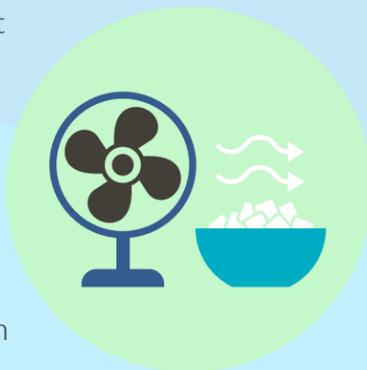
### Before a heat warning PREPARE YOUR HOME

**Close blinds/curtains** during the day to reduce indoor heat. Open the blinds/curtains at night to let heat escape and let cooler air into the room.

**Shelter in the coolest room** in your home. Heat rises, so the ground floor or basement will usually be the cooler spots in a house.

**Keep ice in your freezer** to put in a pan for your fan to blow over. This can create a cooler breeze than a fan alone.

**Seek out a cooler place** if temperatures indoors are unbearable. Check out the City's mall, coffee shops, restaurants, and more to escape the heat. For more cool places in Langley City check [LangleyCity.ca/StayCool](http://LangleyCity.ca/StayCool)



### Take time to BE A SUN ANGEL

**Develop a buddy system** to check in with friends, family, and neighbours during a heat warning. Elderly, isolated, and people with mobility or other challenges can be at a higher risk and may be less able to prepare.



### Safety tips to KEEP PETS COOL

**Close blinds** to keep pets out of direct sunlight.

Provide LOTS of fresh, cool drinking water. Add ice cubs to keep water cool.

**Use a spray bottle** or cool, damp cloth to dampen your pets coat to help prevent over-heating.

