

What can I do if I'm at home during an extreme heat event without AC?

1 Drink more water



Sip on more water than you normally drink. If you are thirsty, it means you are dehydrated. Sweating can make you lose water and electrolytes, which help balance your body's fluids

2 The Power of Water

Stay cool by using a bucket full of water to cool your feet in. You can also wet a small towel or cloth to place at the back of your neck or forehead to lower your body heat



3 Stay Low to Stay Cool



If you have a home with multiple stories, **go to the lowest level** to avoid heat, which rises. **Close doors in rooms** that you are not using to save cold air in smaller areas

4 AC Alternatives

Make your own AC:

If you have a box fan, set a pan of ice between yourself and the fan pointed at you to cool the breeze down. **Use ceiling or small fans to circulate more air.**



If you have an exhaust fan in your kitchen, bathroom, or attic, turn this on to pull hot air out of your home

5 Block out the Sun



Close blinds and curtains to block out the sun during the day, or try blackout curtains. Avoid leaving the house during peak sunlight hours of 11am and 5pm

6 Avoid Extra Heat Sources

Turn off extra sources of heat like lights, plugged-in running appliances, electronics chargers, TVs, and cooking equipment like ovens and stoves. Instead, **slow cookers are a good option** to prevent heat from spreading throughout the house.



7 Eat for the Heat

Eat **multiple smaller, cold meals** like sandwiches. **Avoid too much sugar**, which increases the energy needed for digestion and can make you feel hotter. **Avoid caffeine and alcoholic drinks**, which can make you more dehydrated

