

Tips for Staying Cool in the Summer:

CLEAN air conditioner filters and ducts frequently

KEEPING windows closed and curtains, blinds or shades drawn may keep warmer temperatures out during the daytime; opening windows during cooler hours may allow cooler air in.

AVOID strenuous physical activities during the warmer hours. If you must be active during extreme heat, have someone with you or scheduled to check on you frequently.

AVOID using electrical appliances during the warmer daytime hours. They may heat up your home and power usage may cause brownout.

STAY on lower levels of buildings as much as possible during hotter weather.

VISIT friends, relatives & businesses with air conditioning if you don't have it.

CHECK on friends, relatives, neighbors who are elderly or disabled.

WEAR loose, light weight and light-colored clothing.

COVER entire body when out in the sunlight for protection from the sun.

WEAR a lightweight hat for shade of the head.

USE adequate SPF sun-protection outside.

DRINK plenty of water. AVOID sweetened, caffeinated or alcoholic beverages. If you must restrict fluid intake, check with your physician about possibly chewing ice

NEVER leave a child, disabled person, elderly person or pet in a closed car on a hot, sunny day!

[FOR A LIST OF COOLING CENTERS IN New Hampshire GO TO:](http://www.nh.gov/disability/information/community/coolingcenters.htm)
<http://www.nh.gov/disability/information/community/coolingcenters.htm>