

# TIPS FOR STAYING COOL THIS SUMMER:

*information compiled by Terry Burgert, RN, BSN, CMSRN*



- 1.) When exercising outdoors, exercise before 10 am, or after 4 pm. If you're a runner you may consider walking on hot days rather than running.
- 2.) Avoid activities on the asphalt or direct sunlight.
- 3.) Wear clothing that is loose, and choose clothing with cotton material. Cotton keeps you cooler in the summer time.
- 4.) Find a spray bottle and fill it with water and keep it in the refrigerator to spray on yourself after being outdoors in the heat.
- 5.) If you can't afford air-conditioning, use a fan in the windows in the evening and at night when the air is cooler, and turn it off by 8 am. This will help keep your house cool through the day. Moving the fan away from the window during the day will prevent pulling warm air in. Keep the fan running to circulate the air when you are in the room.
- 6.) Keep window shades closed during daylight hours. If you have blinds angle them so the sun does not shine through them.
- 7.) Store lotions and aloe vera gel's in the refrigerator to apply to skin that has been exposed to the sun.
- 8.) Keep water bottles in the freezer. Take these outdoors with you on the run, or on your bike to drink as the ice melts.
- 9.) Take frequent baths or showers using cool water.
- 10.) Make sure you drink plenty of water to avoid dehydration, along with sport drinks for the electrolytes.
- 11.) Avoid alcohol and caffeine. These can cause dehydration.
- 12.) If you wear a baseball cap or other top hat outdoors, you can put some cool water in it and put it back on which will help keep you cool.
- 13.) Keep small bags of ice in the freezer and when you're sitting down place them where your pulse points are. This really helps keep you cool down.
- 14.) Try to avoid cooking. If you have to cook, make short, quick meals, and do it before 10 am or after 5 pm.
- 15.) Eat small frequent meals. Your body heats up during the metabolizing cycles after a large meal.
- 16.) Remember foods high in protein increase metabolic heat production as well as water loss, which can cause you to feel hotter and become dehydrated (this goes for foods high in sugar as well).
- 17.) Keep plenty of fruits and vegetables in the refrigerator for snacking foods, and cut down on fatty foods.
- 18.) Keep plenty of frozen popsicles in your freezer to cool you off through the day, and have watermelon parties.
- 19.) On really hot days you can go to shopping malls, the movie theater, the public library, etc.
- 20.) When you are out in the sun apply sunscreen with an SPF rating of at least 15 or higher to exposed parts of the body.
- 21.) If you are taking diuretics or are on fluid restrictions check with your doctor on ways to avoid dehydration during the summer.
- 22.) Don't wait until you're thirsty to drink (preferably sports drinks). Your thirst indicator doesn't work as well in extreme heat.
- 23.) Do not leave pets or small children in parked cars, even for a few minutes.
- 24.) Go swimming with a friend, or have a water fight.
- 25.) When sleeping, only cover up with a sheet and use a fan blowing towards you (you can even dampen your sheet with water).
- 26.) Keep unnecessary electrical equipment off in the house, as these generate heat.
- 27.) On really hot days, consider taking your family to the basement for a family game day.
- 28.) Avoid canning garden vegetables on hot days. If you must, can vegetables indoors and keep the rest of the house closed off from the kitchen.
- 29.) Avoid hot showers and hot baths. The steam from these can heat up your house.
- 30.) Plant new trees in your yard. You would be surprised by how much warmer a shaded house stays than a house without any shade--of course this is a long-term plan.
- 31.) Fill a spray bottle three fourths of the way with water, then add rubbing alcohol to fill it; you can keep yourself and your pets cooler by spraying their paws and ears with this, as well as your neck, ankles and wrists.
- 32.) Check to see if your community has cooling centers.
- 33.) If your garage is attached to your house, wait until your car cools off after driving it to park it in the garage.
- 34.) Keep long hair up in the summer time.

