

# Tips On How To Stay Cool During Summer



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

**We, of course, highly recommend using a Cooling Neck Tie for an all day cooling comfort.**  
[www.coolneckties.com.au](http://www.coolneckties.com.au)

- Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
- Wear loose-fitting clothing, preferably of a light colour.
- Cotton clothing will keep you cooler than many synthetics.
- Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
- Fans can help circulate air and make you feel cooler even in an air-conditioned house.
- Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
- Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
- Take frequent baths or showers with cool or tepid water.
- Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
- Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
- From the world of professional tennis: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
- Avoid caffeine and alcohol as these will promote dehydration.
- Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
- If you don't have air-conditioning, arrange to spend at least parts of the day in a community centre, shopping mall, public library, movie theatre, or other public space that is cool.
- Use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

## Drink plenty of fluids

Increase your fluid intake regardless of your activity level. During heavy exercise in a hot environment, drink 2-4 glasses of cool fluids each hour.

**Caution:** If your doctor has prescribed a fluid-restricted diet or diuretics for you, ask your doctor how much you should drink.

- During hot weather, you will need to drink more liquid than your thirst indicates. This is especially true for people 65 years of age and older who often have a decreased ability to respond to external temperature changes.
- Drinking plenty of liquids during exercise is especially important. However, avoid very cold beverages because they can cause stomach cramps.

- In addition, avoid drinks containing alcohol or caffeine, because they will actually cause you to lose more fluid.

### Replace salt and minerals

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to replace salt and minerals is through your diet.

- Drink fruit juice or a sports beverage during exercise or work in the heat.
- Do not take salt tablets unless directed by your doctor. If you are on a low-salt diet, ask your doctor before changing what you eat or drink, especially before drinking sports beverages.

### Wear appropriate clothing and sunscreen

Wear as little clothing as possible when you are at home. Choose lightweight, light-coloured, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

- Sunburn affects the body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin.
- A variety of sunscreens are available to reduce the risk of sunburn. The protection that they offer against sunburn varies. Check the sun protection factor (SPF) number on the label of the sunscreen container. Select SPF 15 or higher to protect yourself adequately. Apply sunscreen 30 minutes before going outdoors and reapply according to package directions.

### Pace yourself

If you are unaccustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.

- If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool area or in the shade, and rest, especially if you become lightheaded, weak, or faint.

### Stay cool indoors

The most efficient way to beat the heat is to stay in a cool or air-conditioned area.

- If you do not have an air conditioner or evaporative cooling unit, consider a visit to a community centre, shopping mall, see a movie in a movie theatre, or visit a public library for a few hours.
- Electric fans may be useful to increase comfort and to draw cool air into your home at night, but do not rely on a fan as your primary cooling device during a heat wave. When the temperature is 30+ or higher, a fan will not prevent heat-related illness.
- A cool shower or bath is a more effective way to cool off. Also, use your stove and oven less to maintain a cooler temperature in your home.

### Schedule outdoor activities carefully

If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening.

- While outdoors, rest frequently in a shady area. Resting periodically will give your body's thermostat a chance to recover.

### Use a buddy system

When working in the heat, monitor the condition of your mates and have someone do the same for you. Heat-related illness can cause a person to become confused or lose consciousness.

- During a heat wave, have a friend or relative call to check in on you twice a day if you are 65 years of age or older. If you know anyone in this age group, check on them at least twice a day.

### Adjust to the environment

Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for the heat if you limit your physical activity until you become accustomed to the heat.

- If travelling to a hotter climate, allow several days to become acclimatised before attempting any vigorous exercise, and work up to it gradually.

### Use common sense

Avoid hot foods and heavy meals as they may add heat to your body.

- Do not ever leave infants, children, or pets in a parked car, not even with the windows down.
- Dress infants and young children in cool, loose clothing and shade their heads and faces with hats or an umbrella. Make sure they use sunscreen when outdoors.
- Limit sun exposure during the mid-day hours and in places of potential severe exposure such as beaches.
- Ensure that infants and children drink adequate amounts of liquids.
- Make sure to keep your pet cool by giving them plenty of fresh water, and leave the water in a shady area.

### One last hot tip

These self-help measures are not a substitute for medical care but may help you recognize and respond promptly to warning signs of trouble. Your best defence against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

Reference: [www.wikihow.com/Cool-Yourself-Without-Air-Conditioning](http://www.wikihow.com/Cool-Yourself-Without-Air-Conditioning)

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