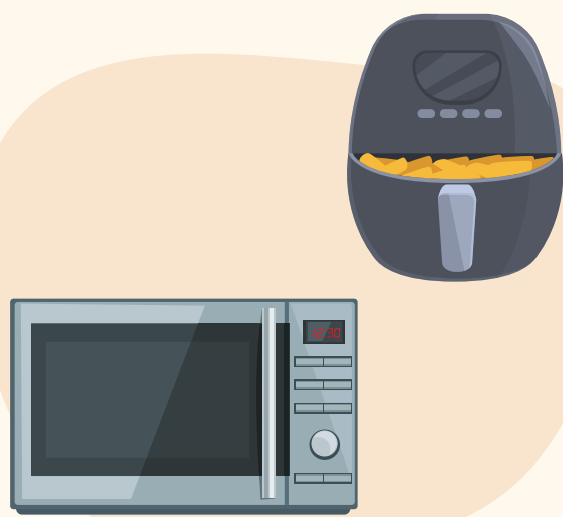


# KEEPING COOL IN THE SUMMER HEAT: TIPS FOR OLDER ADULTS

01

## Use Small Appliances Instead of the Oven

Use smaller appliances like the air-fryer & microwave - they generate less heat in the kitchen.



02

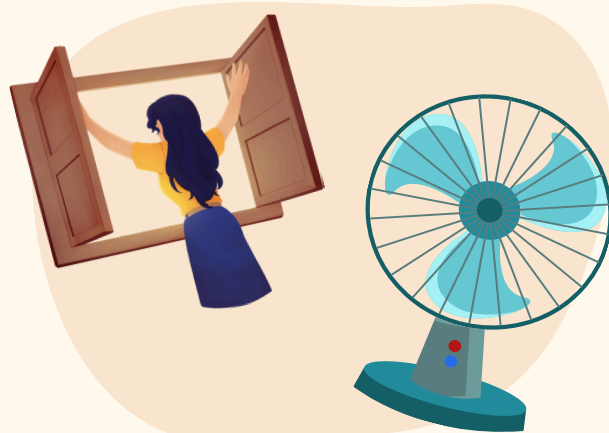
## Have Fluids Within Arms Reach

Keep a jug of cold water on the table or counter and sip throughout the day.

03

## Let the Breeze In Or Create One

Open windows early in the day to dump the heat & get fresh cool air in. Close curtains to keep the sun out and use a fan to circulate the air indoors.



04

## Dress in Light Breathable Clothing

Choose lightweight breathable clothing like cotton or linen & avoid dark colours.



05

## Take Breaks & Sit Down

Keep a comfy chair nearby so you can take short breaks to help conserve energy and cool you down.



06

## Quick Ways to Cool Down

- Cool damp cloth on back of neck.
- Run wrists under cold tap.
- Enjoy a chilled snack.
- Sit in front of the fan.

