



10 Tips to Keep Your Home Cool without Air Conditioning

- 1. TURN OFF THE LIGHTS** .If you do not need the lights on keep them off. Light bulbs generate heat and keeping the lights off helps keep the room cool.
- 2. DO NOT RUN ANY APPLIANCES OR EQUIPMENT IN YOUR HOME.** Postpone stating the dishwasher, washing the clothes, vacuuming the carpet, drying laundry, and don't use the oven or stovetop. Even the smallest appliances generate heat when they are in use. Keep in mind, computers, lap tops, and even cell phones generate heat.
- 3. KEEP YOUR BLINDS CLOSED AND CURTAINS DRAWN.** Heat comes through your windows, and blocking the heat can cool the room down, even the sheerest curtains can make a difference. If you do not have curtains or blinds on your windows purchase blackout curtains, or use sheets, light table cloths, or even paper to cover the windows, pay special attention to south- and west-facing windows.
- 4. PAY ATTENTION TO THE AIR FLOW IN YOUR HOME.** Close the doors to rooms you are not using to keep the cool air in the parts of your home you and your pets occupy.

If the temperature drops to a comfortable level outside open the windows. Use a fan to create a cross breeze. Set your alarm to wake yourself up before the sun and heat return in the morning.

- 5. SET YOUR CEILING FANS TO ROTATE COUNTER-CLOCKWISE.** When you set you clocks ahead for day lights saving time, change the batteries in you smoke alarms and set your fans to run counter-clockwise and at a higher speed. The air movement will make everyone in your home feel cooler.

6. MAKE A HOMEMADE MISTER. Fill a big bowl, plastic bin, or large pan with ice, an ice block, or ice packs and position it at an angle in front of a large fan. It will make a cool mist that will help you fall asleep, keep the kids content, and the dog from panting.

7. USE COTTON OR SHEETS THAT WILL KEEP YOU COOL. Cotton sheets breathe and help keep you cooler, you can also purchase bamboo, moisture wicking, or microfiber sheets. You can also buy pillows that are made to keep your head cool.

8. HEAT GOES UP SO MOVE WHERE YOU SLEEP DOWN. Sleep on a lower level, in the basement, or just put your mattress on the floor. If there is a breeze take advantage of it and sleep on the porch or put a tent up in the back yard. Where ever you sleep inside make sure there is a smoke alarm and a Carbon Monoxide Alarm in the room.

Put what you wear to bed, your sheets, and pillow in the freezer long enough to chill them. You can stay cooler and fall to sleep faster. Beat the heat by sleeping thought it.

9. DRESSING FOR INDOORS AND KEEPING THE FAMILY COOL. There are dozens of accredited web sites that have tips on to keep yourself, children, seniors and pets cool outdoors. EFD recommends that you check them out.

Drink plenty of cool beverages. Keep a cool cloth or zipper bag with ice behind your neck, under your armpits, and in your groin area. Fill zipper/food bags or plastic bottles with water and freeze them and apply to the areas listed above or bring them to bed with you to help keep you cool. Do not where anything, including jewelry and hats on your head, feet, around your wrist, or ankles.

Take a cold shower, put your feet in a pan of ice water, and skip drying your hair.

10. EAT SMART, STAY COOL. Stay away from foods that are hot to the touch and sauces that are hot on the tongue. What you eat can heat you up from the inside out. Eat salads, make sandwiches, skip dinner and just have ice cream.

If you want to cook, use your grill and stay out of the kitchen.

Take these steps today so you can have a cooler tomorrow.