

Sustainable and Accessible Ways to Keep Cool

How can you keep cool without air conditioning? Here are some sustainable and accessible strategies for lowering your body temperature when it's hot outside.



Electric Fans

- + Can provide effective cooling for young healthy adults up to 108°F in 50% humidity
- Effectiveness is reduced with low humidity and in older adults (>65 years) unless accompanied by self-dousing
- Increases dehydration, but can be offset by drinking an extra glass of water per hour



Self-dousing

- + Can reduce heat strain and dehydration up to 117°F if dousing is sufficient to keep the skin wet
- + Can be used during power outages
- Not effective if clothing or protective equipment is covering skin



Foot Immersion

- + Can reduce dehydration and thermal discomfort in hot and humid conditions
- + Can be used during power outages
- Risk of slips and falls

**Feet immersed above the ankles in 68°F water*



Wet Clothing

- + Provides high evaporative heat loss without needing to sweat
- + Can be used during power outages
- Clothing must be resoaked roughly every 60 minutes



Electric fans can be used below these temperatures irrespective of humidity

102°F

Healthy young adults (aged 18 to 40 years)

100°F

Healthy adults (aged over 65)

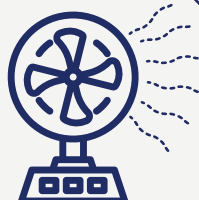
99°F

Over 65s taking anti-cholinergic medication



Evaporative Coolers

- + Can cool air temperatures in dry conditions
- Minimal effect in high humidity
- Risks creating mosquito breeding sites without proper maintenance



Misting Fans

- + Lowers air temperatures in hot and dry conditions
- Must be used in well-ventilated or outdoor areas otherwise humidity increases offset any benefit
- Risk of slips and falls



Ice Towels

- + Can reduce core temperature and cardiovascular strain in conditions up to 113°F
 - Requires access to ice
 - Labor-intensive to prepare
- *Crushed ice wrapped in a damp towel applied to the neck and chest*



Cold Water Ingestion

- + Can provide internal cooling
- + Water should be ingested at a temperature that is most palatable (~50°F) to ensure optimal hydration
- If person has already started sweating, not effective at lowering core temperature