

## THANK YOU TO OUR TENANTS FOR PROVIDING THESE EXCELLENT TIPS!



STAY INSIDE DURING THE HOTTEST PARTS OF THE DAY



PUT A MOIST TOWEL ON ANKLES AND WRISTS



WEAR LOOSE CLOTHING



COVER WINDOWS



CLOSE BLINDS



TURN ON A FAN



TURN OFF UNUSED LIGHTS OR APPLIANCES

Of course, every situation is different, so take a look at the tips to see which ones work for you.



PENRITH CITY COUNCIL



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# SHELTER, DON'T SWELTER!

KEEP COOL THIS SUMMER  
BY GETTING SMART ABOUT  
YOUR SURROUNDINGS

# Each summer the heat seems to get worse.

## It affects our family's happiness, health and general wellbeing.

When temperatures climb into the 30s and 40s, it's often really hard to make your home cooler and more comfortable.

Here are some cheap ways to keep cool this summer, based on advice from community housing tenants.

### KEEPING YOUR SELF COOL

- **Cool your body by using a damp cloth or washer.** You can also use a cool neck tube from a camping shop. Using a fan will help your moist skin cool down even more.
- **Eat cool foods like salad that don't create heat in your kitchen when you make them.**
- **Stay hydrated by drinking plenty of water and cool drinks.**
- **Take a cool shower to help lower your body temperature.**
- **Place a large towel in the freezer and when you go to bed, place it on top of your sheet, on top of yourself.**
- **Use a cool pack from the freezer.** It's a good idea to keep a couple frozen so you can rotate them.
- **Wear loose and cool clothing.** This allows air flow around your body and helps keep it cool.
- **Go to a cool public space.** When it's not too hot, this might include a nice park with plenty of shade or somewhere with water like a lake or pool. On really hot days, there are free options like spending time at the library or a gallery. Other options include visiting shopping centres and cafes or even visiting the cinema, if you can afford it.
- **Take turns visiting friends and having them visit your home.** This way only one of you has to run the air conditioner. The bonus is you can still connect with friends instead of being isolated inside your own home on really hot days.
- **During periods of really high heat, consider planning your day around the hottest times.** This may include things like exercising or doing the weekly shopping trip early in the morning or in the evening.

### KEEPING YOUR HOME COOL

- **Close blinds and curtains to help keep the heat out.** On days where you know it is going to be really hot, close them early before it warms up.
- **Close off any rooms that aren't used often, like spare bedrooms or the bathroom.**
- **Cover the outside of your windows to keep the heat out.** A simple and temporary option is to put shade cloth over windows, particularly ones that get the most sun.
- **Seal front and back doors with a 'door sausage'.** This helps to stop the heat coming in underneath the cracks.
- **Turn off any unused electrical appliances.** Things like TVs and lights can create heat when the power is on.
- **Clean out your air conditioner filter so it doesn't have to work as hard.** Set the temperature to around 24 degrees. Fans can also be used to help spread the cool air from your air conditioner around your home.
- **Use fans when you can, as they are a lot cheaper than running an air conditioner.** If you don't have ceiling fans, use a standing or floor fan. You can even place a bowl of ice in front of a floor fan, so the fan pushes the cold air on to you.

### DON'T FORGET!

- Contact your housing provider if you would like to make a change to your property.