



BEAT THE HEAT

Frequently Asked Questions

How to keep the house cool?

- Prepare no-cook or minimal-cook meals with fresh ingredients that have high water content like fruits and vegetables.
- Use air conditioning and regularly service air-conditioning units to keep them working well.
- Keep your living space cool.
- Ideally, the room temperature should be kept below 32°C during the day and 24°C during the night. This is especially important for infants or adults over the age of 60 or who have chronic health conditions.
- At night and early morning when the outside temperature is lower, open all the windows and shutters in your home. During the day, close the windows and shutters or curtains (if available), especially those facing the sun during the day.
- Turn off artificial lighting and as many electrical devices as possible, such as ovens. Never turn off your fridge or freezer.
- If your residence is air conditioned, close the doors and windows, so that the cool air is not lost. This will save and conserve electricity not needed to keep you cool. It also helps to ensure that power remains available and reduces the chance of a community-wide outage.
- Electric fans may provide relief, but when the temperature is above 35°C, they may not prevent heat-related illness.

