



Tips for Keeping Cool without Air Conditioning

Cooling your house

- Close your blinds.
- Open the windows at night.
- Cool down your house with fans, especially ceiling fans, and position upstairs.
- Put bowls of ice in front of a fan.
- Avoid using the stove or oven to eat – use microwave, eat cold foods, or cook outdoors.
- Turn off heat-producing appliances – computers, TV, lamps, lights.
- Avoid creating steam, such as from hot showers or dish washing, until after dark.
- Adjust or turn off your pilot light.
- Choose light-coloured roofing tiles.
- Insulate and draftproof your home – insulation keeps heat out during hot seasons.
- Plant shade, such as leafy trees or vines growing on a trellis.
- Install attic vents.
- Do not leave a fan on in an enclosed room when no one is present.
- Cool your car outdoors, if your garage is under living areas of your home.
- Avoid landscaping with lots of unshaded rock, cement, or asphalt on the south or west sides.

Keeping yourself cool

- Cool your pillow in the freezer, in plastic bags.
- Drink water frequently.
- Keep the back of your neck in shade or put a wet handkerchief on the back of the neck.
- Run cold water over your wrists for 10 seconds on each hand.
- Cover yourself up, wear loose, light coloured, natural fabric clothing.
- Use a hint of mint in soaps, lotions, powders, or added to water.
- Eat spicy food, which increases perspiration that cools you down.
- Go downstairs – lower levels are cooler than upper ones.



Making the most of your Air Conditioner

- Purchase an Energy Star air conditioner – older air conditioners can be half as efficient.
- If buying a new air conditioner, be sure that it is properly sized.
- Try not to use a dehumidifier at the same time your air conditioner is operating. The dehumidifier will increase the cooling load and force the air conditioner to work harder.
- Seal all air conditioner ducts, and insulate ducts that run through unheated basements, crawl spaces, and attics.
- Keep the thermostat set at 25°C (78°F) or higher if using ceiling fans. Don't air-condition unused rooms.
- Maintain your air conditioners properly to maximize efficiency.
- Use a programmable thermostat to adjust at night/when no one is home.
- Don't place heat-producing appliances (i.e. lamps, computer) near air conditioner.

