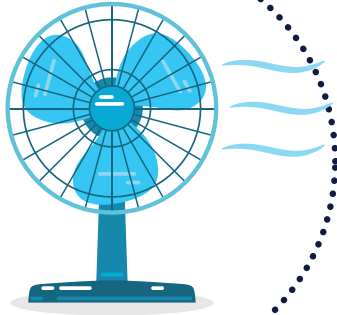


How to Keep COOL Without AC



Electric Fans



Fans may not keep you cool when temperatures indoors are over 100°F.

Cool Water



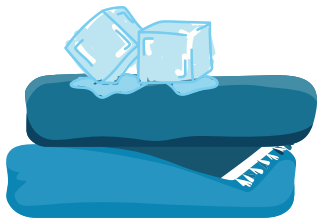
Drink cool water, and add an extra glass per hour if cooling with a fan.

Foot Soak



Soak feet in cold water.

Ice Towels



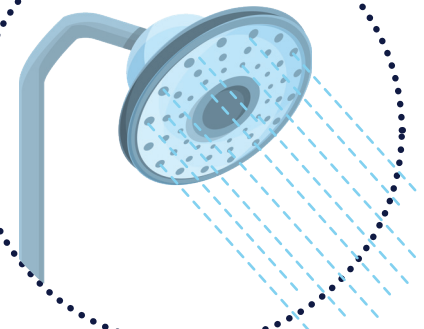
Wrap crushed ice in a damp towel and place on neck and chest.

Misting



Spray cool water on your skin and not clothing. Keep your skin wet.

Submerge in Water



Take a cold shower or bath, or go swimming.

Heat Illness: Recognize the signs before it's too late.

ACT FAST

- Move the person to a cooler area, air conditioned if possible.
- Loosen clothing and use cold compresses.
- Give cool water to sip if fully conscious.
- Seek medical help if symptoms don't improve.

Heat exhaustion can lead to heat stroke.

ACT FAST

CALL 9-1-1

- Call 9-1-1 right away. Do not leave them alone.
- Move the person to a cooler area, air conditioned if possible.
- Cool immediately using cold water, ice, cold compresses, fans, or a cold bath.

*Heat stroke can cause death or permanent disability if emergency treatment is not given. **Take immediate action!***

HEAT EXHAUSTION

Dizziness or fainting

Thirst

Nausea and/or vomiting

Heavy sweating

Weakness

Pale, cool, clammy skin

Muscle cramps



HEAT STROKE

Confusion

Rapid shallow breathing

Throbbing headache

High body temperature
(above 103° F)

Hot, red, and dry skin

Loss of consciousness



Cool Down & Drink Up to Beat Maine Heat. If you can't stay cool at home, call 2-1-1 and go to a cooling center.

LEARN MORE: visit maine.gov/dhhs/heat

