



Electric fans can be used below these temperatures when it is humid:

**102°F**  
39°C

Healthy young adults  
(ages 18 to 40 years)

**100°F**  
38°C

Healthy adults  
(ages 65+)

**99°F**  
37°C

Over 65 taking anticholinergic medication



### Swamp 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 will increase
- Risk of slips and falls



### Ice Towels\*

- + Can reduce body temperature and heart strain in conditions up to 113°F (45°C)
- Requires access to ice
- Labor-intensive to prepare

\*Crushed ice wrapped in a damp towel applied to the neck and chest



### Drink Cold Water

- + Can provide internal cooling
- + Drink water at a comfortable temperature (~50°F/~10°C) to increase hydration
- If the person has already started sweating it won't be effective at cooling them down

\*Based on research published in Lancet: Reducing the health effects of hot weather and heat extremes: from personal cooling strategies to green cities by Ollie Jay and colleagues.

## Low-Cost/No-Cost Ways to Stay Cool

New public health guidance is available about personal cooling strategies that can help you stay safe.



### Electric Fans

- + Can cool down young healthy adults up to **108°F (42°C)** in 50% humidity
- Not as effective in low humidity or in older adults over 65 years, unless accompanied by self-misting
- Increases dehydration, so make sure to drink an extra glass of water per hour to prevent this



### Self-Misting

- + Can reduce dehydration and heat strain up to **117°F (47°C)** if misting is able to keep skin wet
- + Can be used during power outages
- Doesn't work as effectively with high clothing coverage



### Foot Soaking\*

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

\*Soak feet above the ankles in **68°F (20°C)** water



### Wet Clothing

- + Reduces heat loss without needing to sweat
- + Can be used during power outages
- Clothing must be re-soaked around every hour