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Keeping your cool
Summer heat hacks

Staying cool in the hot Florida heat takes some thought and preparation. Consider printing and posting these helpful tips for your unit owners this summer.

1. Keep a spray bottle of water in the fridge for a quick spritz when coming in from outdoors.
2. Freeze bottles of water, or water bottles filled with tea or juice, to take as you head out into the heat. As the ice melts a refreshing drink is created. Don't leave bottles of water in a hot car and don't re- refrigerate a plastic bottle of water that has been heated in a vehicle.
3. Freeze wet hand towels to use when coming in from the heat or when having to go out into the heat. Place a frozen wet hand towel in a zip lock bag to take with you as you head out into the heat or when you've come inside. The cold "compress" will keep you cool for at least a little while, and as the towel thaws it won't make a dripping watery mess.
4. Purchase a small battery-powered fan to wear around your neck when you're outside. Sometimes just the movement of air is enough to get you through an outdoor activity.
5. Keep a windshield shade in your vehicle and use it, it does work. Cover your steering wheel and seat with a light colored towel while your car is parked so that you won't get burned upon re-entry. Park under shade whenever possible.
6. Alter your routine, saving activities that must get done outside for early morning or late evening, like mowing a lawn or exercising. Consider going to places that provide air-conditioning during the heat of the day, like the mall, grocery store, movie theater, library or bookstore or the office.
7. Don't worry about appearing to be unfriendly, pull the blinds during the heat of the day, and use blackout drapes to help keep the heat out and the cool air in during the summer months.

8. If you're out and about and feel you've gotten too hot, don't wonder if you're nearing heat exhaustion or heat stroke, get to a cool place quickly, drink cool water and grab a cold can of soda and place it on the back of your neck. If you're able, place your feet into cool (not cold) water to help lower your body temperature.
9. Do less! Can the laundry, vacuuming or dishes wait? Limiting physical activity during the hottest part of the day is a great way to stay cool and safe, and you won't be using expensive utilities or appliances at the peak part of the day, making your home even more hot and uncomfortable.
10. Remember, air conditioners can only cool a room down so much. When it's super hot out, you're just going to feel hot or uncomfortable even when indoors, so sit down, read a book, sip a cool drink or take a cat nap and wait for the heat of the day to pass, then take a cool shower and think about more rigorous activity once the heatwave has passed, for the day.