How to Stay Cool in the Heat

From July 29 to August 1, Portland is expected to have high levels of heat. The hottest times are from 2:00 PM to 8:00 PM.

1. Cool your body
   - Put a cold, wet cloth or an ice pack on your neck.
   - Wear light-colored, light-weight clothing.
   - Take a cool shower or bath. Use the bathroom exhaust fan.
   - Drink lots of water and sports drinks.
   - Eat salty snacks.

2. Get somewhere cool
   - Stay inside a cool building or in the shade outside.
   - Go to an air-conditioned place like a library, mall, or movie theater.
   - Go to a splash pad or swimming pool to cool off.

3. Cool your home
   - Block sunlight and heat. Use heavy curtains, reflective film, solar blankets, or cardboard in windows.
   - Cook and use dishwashers and washing machines early in the morning.
   - Use kitchen and bath exhaust fans to remove heat and humidity from your home.
   - Open windows to let in cool air at night.
   - Make a cross breeze by putting one fan in a window blowing air out, and one fan in a window blowing air in.

To find cooling sites please call 211 or visit multco.us/help-when-its-hot

source: publicalerts.org, Portland Bureau of Emergency Management