

# 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](http://multco.us/help-when-its-hot)