

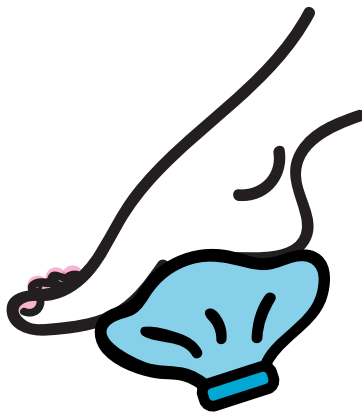


homeforward

HOW TO STAY COOL USING A COLD COMPRESS

WHERE DO I HOLD THE COLD COMPRESS?

Apply cold packs or cold cloths to palms, soles of feet, and cheeks to lower body temperature during periods of high heat.



YOU CAN MAKE A COLD COMPRESS AT HOME!

- Fill a water bottle up 1/2 to 3/4 of the way full and freeze it.
- Put icecubes in a ziplock or plastic bag.
- Use frozen food to cool yourself down.
- Dampen a towel/cloth with cold water and place it in a plastic bag. Put the bag in the freezer for at least 15 minutes.