

12 tips for staying cool during a power outage

- Dress in loose, lightweight clothing.
- Stay on the coolest, lowest level of your home.
- Use natural ventilation and consider purchasing battery-powered fans.
- Drink plenty of water and avoid heavy meals, caffeinated drinks, and alcohol.
- Keep refrigerator or freezer doors closed.
- use safe alternative food preparations. A barbecue grill is an excellent way to prepare food. Always grill outside.
- Close all drapes and blinds on the sunny side of your residence.

- Take your family and pets to a basement or other cool location if you have one. Also consider going to an air-conditioned public place during warmer daytime hours.

- Close off the warmest rooms in your house.

- Create your own- “Swamp Cooler- Fill a cooler or ice bucket of some form with ice, then strategically place the fan behind so that the air blows cool air into the home or onto a person’s sweaty body.

- Hang wet sheets- Hanging wet sheets as a method for staying cool dates all the way back to the ancient Egyptians. Damp sheets or towels hung throughout a home, or even placed on the bed for sleeping at night, cool through evaporation.

- If the sun is out, be sure to close the shades- Hanging wet sheets as a method for staying cool dates all the way back to the ancient Egyptians. Damp sheets or towels hung throughout a home, or even placed on the bed for sleeping at night, cool through evaporation.

References

<https://safeelectricity.org/keep-cool-powers/#:~:text=Dress%20in%20loose%2C%20lightweight%20clothing,refrigerator%20or%20freezer%20doors%20closed.>

<https://aplusairconditioning.com/diy-keeping-cool-power-outage/>