



ESSENTIAL TIPS FOR STAYING COOL IN YOUR HOME THIS SUMMER:



Beat the heat with these simple tips



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Hot homes and high temperatures can be uncomfortable and dangerous. Here are our top tips to help you and your home stay cool (especially during extreme UK heatwaves).


Our top tips:

TIP 1: BLOCK OUT THE SUN AND HEAT

- Close blinds and curtains on south-facing windows during peak sun hours (11am–4pm)
- Keep windows shut when it's hotter outside than inside – this stops warm air from coming in and heating up your home.
- Once the air outside cools in the evening, open windows and blinds to let cooler air in and help trapped heat escape.

TIP 2: OPEN WINDOWS STRATEGICALLY

- Open windows early morning or late evening – when it's cooler outside than in.
- Prioritise opening north-facing or shaded windows to let cooler air in.
- Open internal doors to help cool air move through your home.

 **Top tip:** On really hot days, close everything up between 11am–4pm to keep the heat out.

TIP 3: TAKE COOL SHOWERS

A quick cool (not ice-cold!) shower lowers your body temperature.

- Rinse your wrists or feet under cool water if short on time.
- Avoid long hot showers – they heat your bathroom and you

TIP 4: USE LIGHTS AND APPLIANCES LESS

Electronics and lights give off heat.

- Older halogen and incandescent bulbs give off heat as well as light.
- Switch to LED bulbs as they can help reduce energy use and unwanted heat.

TIP 5: CREATE A DIY COOLING PACK


Freeze a hot water bottle or damp flannel.

- Wrap it in a towel and place it on your neck or wrists.
- Pop it by your feet in bed to help you sleep.

TIP 6: AVOID HEAT-GENERATING APPLIANCES


Keep your home cooler by reducing indoor heat from everyday appliances.

- Choose no-cook meals like salads, or enjoy a BBQ outside if you can.
- Batch cook in the evening, when it's cooler, and reheat meals later.
- Avoid using heat-heavy appliances during the day, such as: Hairdryers and Irons.

 **Top tip:** If you need to use appliances, do it early morning or late evening when temperatures are lower.

TIP 7: USE FANS WISELY

- Place it near a window in the evening or early morning to bring in cooler air.
- Put it on the floor and tilt it upwards – cooler air sits low down.
- Face the fan towards a wall – it helps circulate cool air back into the room.

 **Avoid using fans in sealed, hot rooms – they'll just move warm air around.**

TIP 8: DRESS FOR THE HEAT

- Light, loose, breathable clothing helps.
- Choose natural fabrics like cotton or linen.
- Avoid dark colours which absorb heat.

TIP 9: STAY HYDRATED

Drink plenty of water throughout the day.

- Sipping warm drinks may help regulate your internal body temp too.
- Avoid too much caffeine or alcohol as both will dehydrate you.

