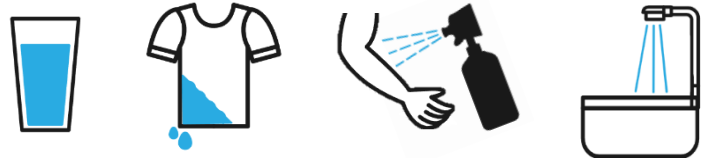
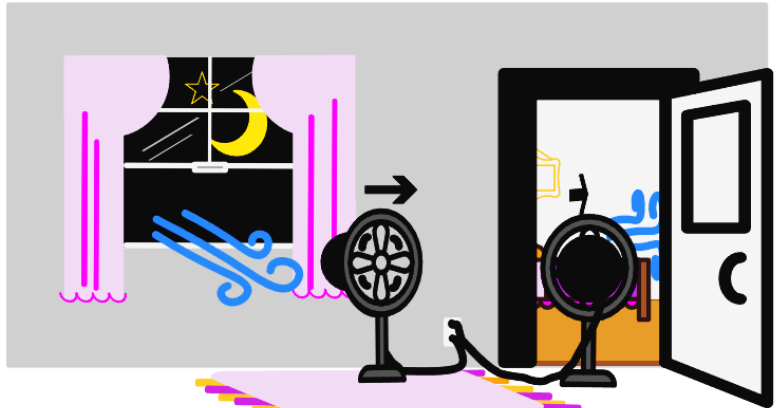


Extreme Heat and Using Fans

Use fans correctly when it is very hot. Using fans the wrong way can make you overheat. Older people and people with heart, lung, and kidney diseases are more at risk of heat illness.

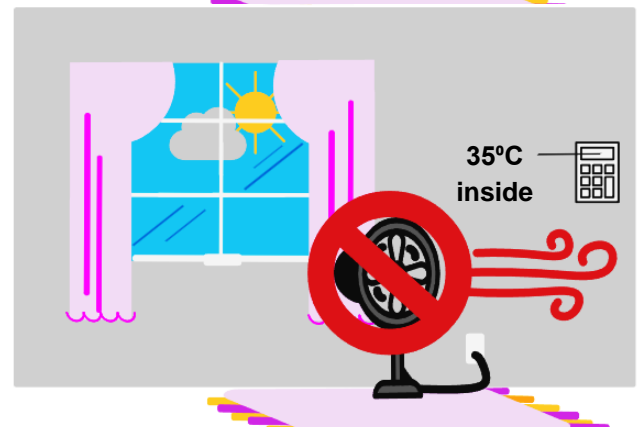
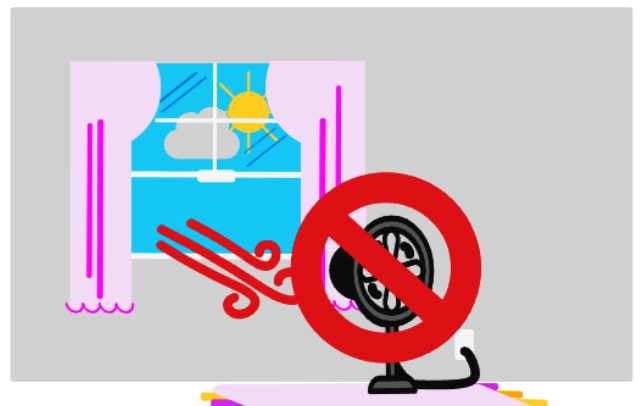
Do's

- ✓ **Do** use fans beside an open window when the outdoor air is cooler than the indoor air.
- ✓ **Do** use fans to move air from a cooler room to a warmer one.
- ✓ **Do** use fans with other ways to cool down.
Other ways to cool down:
 - Drinking water
 - Wearing damp clothes
 - Spraying water on your skin
 - Taking a cool shower or bath



Don'ts

- ✗ **Don't** use fans beside an open window when the outdoor air is warmer than the indoor air.
- ✗ **Don't** use fans to blow air on your skin when the indoor temperature is over 35°C.
- ✗ **Don't** use fans as the only way to cool down.



Did you know?

Fans do not lower your body temperature.

Fans alone do not cool air.

You could overheat if you use fans as the only way to cool down on hot days.