

Tips for staying cool this summer

At work and at home

1. Prevention is better than cure. Keep blinds closed during the day to block the heat and direct sunlight.
2. Close windows once the outside air is warmer than indoors.
3. Electric fans create cooling air movement using minimal electricity. For extra cooling, keep a spray bottle handy and regularly mist yourself with water.
4. Keep hydrated.
5. Stay cool from the inside out. For cooling snacks, make yoghurt, juice or pureed fruit icy-poles. Or put an icy pole stick into a fresh, ripe banana and freeze it.
6. Cool your caffeine. Try iced tea or coffee, instead of hot tea or coffee.
7. But remember that a fan only works when it is blowing on you. If you're not in the room, switch it off.
8. Barley, rice or wheat-filled bags (used in winter as 'heat packs') can be put in the freezer and used as personal ice packs.

