



# Don't blow hot air!

## Use fans the right way to stay cool.



In hot weather, fans can be lifesaving when used correctly. Fans don't cool the air, they move it, so pairing them with water helps your body cool down faster through evaporation. Here's how to stay safe and cool using fans and water together.

 **When the temperature rises above 95°F, using a fan without wetting your skin can actually make you hotter!**

### Step 1: Wet Your Skin



- **Splash, mist or wipe your skin with water.** This simulates sweating! The more skin you can cover with water, the more efficient the cooling!
- **Keep your skin damp and don't let it dry out completely,** if you're still feeling hot. Reapply water frequently with a spray bottle, taking cool showers, or using automatic misters.

### Step 2: Use a Fan for Faster Cooling



- **Sit in front of a fan.** The airflow helps dry the water off your skin and cools you off.
- Position yourself **in the shade** when you're outdoors.
- *If you don't have a thermometer to know if it's above 95°F, use a fan until you feel uncomfortable. Then wet your skin again.*

### Step 3: Repeat as Needed

- **Still feeling hot?** Apply more (cold) water and use the fan again. Consider taking a cold shower or soaking your hands and feet in cold water.
- Do this often to keep your body temperature down.

**IMPORTANT:** If you start to feel unwell, **move to a cooler place and drink water.** If symptoms do not improve, **seek emergency care.**

The way you cool off depends on where you are. Fans and water work best if you adjust them for your surroundings. **Here's how to use them safely whether you're at home, outside or in a tent.**

#### At Home



- If you have **air conditioning**, set it to **80°F** and use fans to spread the cool air.
- Keep fans in the rooms where you spend the most time.

#### Outside



- **Find shade before using a fan.** If the air around you is too hot, the fan will just push hot air onto your body instead of cooling you down.
- **Combine fan with water.** Mist yourself or **wet your clothing** to stay cool.

#### In Tents



- **Fans move air, but tents trap heat.** Open windows, vents, or doors so cooler air can get in and help the fan work better.
- **Set up your fan to direct cooler outside air indoors when temperatures drop in the evening.** **If your tent gets too hot, find a cooler spot.** Look for shade, a breezy area, or a place with air conditioning if possible.