Extreme heat is lasting longer and occurring more frequently, particularly in the Central Valley of California. Heat-related illnesses are a serious health risk for everyone. Here are some tips on how to stay cool:

**Keep the Heat Out**
- **Use blackout curtains** to keep heat out during the day and keep cool air in. Curtains that are neutral-colored with white backing are best. Close them in the morning and open them up when the sun has set.
- **Add caulking and weather-stripping to doors and windows** to reduce the loss of cool air from air conditioning units.

**Move Air to Keep Cool**
- **Install ceiling fans.** Use fans while running your air conditioner to increase the cooling effect. This allows you to run the AC at a higher temperature.
- **Position a box fan in a window at night** to draw cool air inside.
- **Create a cross breeze** by having a door or window open on both sides of a room.
- **Turn on built-in exhaust fans, like those in the bathroom or kitchen, when the air inside is hotter than outside.** When the air outside is cooler, turn the exhaust fan off or to a lower setting.

**Keep the Heat Out**
- **Install heat reflecting film or awnings on windows** that face the sun. They may reduce the amount of light that comes in but can also be very effective in reducing heat intake.
- **Install a "cool roof"** when replacing your roofing. Light-colored roofing reflects the sun's waves, reducing the heat into the building. Similarly, "cool surfaces" such as lighter-colored roofing or exterior wall paints will help keep your home cooler.

**Get somewhere cool**
- Cooling centers are local city resources providing air conditioning and water for everyone during heat events. Check www.fresno.gov/parks/cooling-centers/ for locations near you.
- Also, visit friends/family, libraries, community/senior centers, or shopping centers to keep cool.

**Tips to Stay Cool in the Heat**
- **Keep cool to the Touch.**
  - **Cool your skin with a wet bandana or washcloth.** Resting with damp skin allows for heat to evaporate. You may also purchase an "cooling bandana", which stays wet for hours.
  - **Dampen your bed sheets and place a fan at the bottom of your bed to keep cool. Place iced water bottles in your bed, wrapped in a thin towel. Use cotton bed sheets.
  - **Postpone all heat-producing indoor activities to evening hours.** Cook meals ahead of time, at night.

**Plant trees to block the sun**
- **Plant leafy trees** on the south and west sides of your house to block sunlight in summer and let it through in winter.
- **Plant other types of tall plants,** such as giant reeds, sunflowers, or climbing plants such as grapevines.

**Check on your neighbors and family, especially seniors, children, and people living alone.** Make sure they have access to water, medications, and cooling. If someone needs attention, call 911 or call the non-emergency dispatch number for less urgent services (559) 621-7000

**Low Income Energy Assistance Program:** Fresno Economic Opportunities Commission, Low-Income Home Energy Assistance Program: www.fresnoeoc.org/heap/