

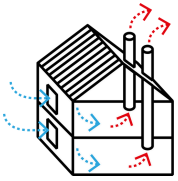
# PASSIVE COOLING

## STAYING COOL WITHOUT USING AIR CONDITIONING



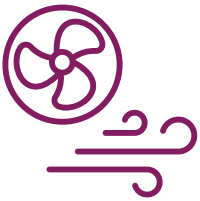
Passive cooling uses methods such as evaporation and shade to lower indoor temperatures. It may be helpful for people without air conditioning or those looking to reduce energy use. Below are ways to help stay cool indoors without air conditioning.

### Ventilation



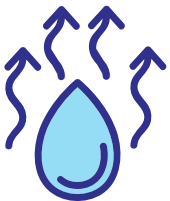
Ventilation is the least expensive and most energy-efficient way to cool a home. Open windows on opposite sides of the house to create a cross breeze. Only do this when the air outside is cooler than the air inside.

### Manage Airflow



Open windows at night to let cooler air in. Close them during the day to keep the cooler air in and keep the hot air from entering. If possible, use fans to help move cooler air indoors or push hot indoor air out at night.

### Consider Using Evaporation



Wet sheets or pillowcases can be hung in front of open windows at night to further cool the nighttime air coming in. Consider taking cool or cold showers and leaving your hair wet, allowing evaporation to cool you off. Fans can also be used with wet cloths on the head or neck to assist with cooling.

For additional information, please visit:

<http://ph.lacounty.gov/eh/safety/extreme-heat.htm>

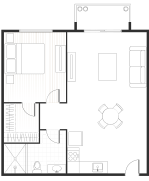


## Shades/Curtains For Windows



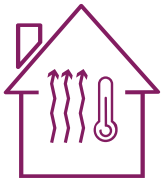
Consider replacing sheer or lightweight curtains with darker or blackout curtains.

## Locate and Spend More Time in Coolest Rooms



Rooms that receive afternoon sun will likely be the warmest in the home. If possible, close doors to those rooms and spend time in cooler areas of the home.

## Avoid Generating Heat Indoors



On hot days, avoid using the oven or stove, doing laundry, vacuuming, or using electrical devices, if possible. These all generate heat when in use.

## Hydrate



Drink lots of water throughout the day. Being hydrated makes a person less likely to suffer from heat exhaustion or heat stroke.

## Relocate



Consider going to a cooling center, a library, or other place that is air conditioned. Cooling centers can help you stay cool on hot days.



To find a cooling center near your area, please call **211** or visit: <https://ready.lacounty.gov/heat/>

