

A hand holding a clear pen against a window with white blinds. The background is a soft, blue-tinted image of a window with white blinds. The hand is in the foreground, holding a clear pen vertically. The blinds are partially open, and the light is soft and diffused.

# Create a Cool Spot

**How to stay cool when cooling your whole house isn't possible.**

**Use box fans:** In the early morning and late evening, when outside temperatures are lower, place box fans in open windows facing outward to hot air and open windows at the opposite side of the house to let cooler air in.

**Close your curtains or blinds:** Close the curtains or blinds over windows that face the sun's direction to keep the sun from coming in and heating up the inside.

**Close the doors of unused rooms:** If no one is using a room, close it off to keep the cool air in occupied areas of the house only.

**Cool the bedroom:** If cooling the entire house is not an option, prioritize the bedroom so you can sleep restfully.

**Use the exhaust fan in your kitchen and/or bathroom:** Flip the switch for the exhaust fan in your kitchen to pull hot air that rises after you cook or in your bathroom to draw out steam.

# Tips for wearing a face mask in the Summer

**Find the right mask for you.** Different masks provide different levels of protection. High grade respirators, such as NIOSH-approved N95s, offer the most protection when worn correctly but some may find them not as comfortable as disposable or cloth masks. Wear a mask with the best fit, protection, and comfort for you. Stay up-to-date on the latest CDC mask-wearing recommendations by visiting [CDC.gov](https://www.cdc.gov).

**Mask care.** How you take care of your mask determines its effectiveness. Disposable masks, cloth masks and respirators that become wet with sweat or soiled should be changed as soon as possible. Throw disposable masks in the trash and wash cloth masks after every use.

**Stay hydrated.** Drink plenty of water, especially when the masks will likely lead to higher body temperatures and sweating. Be smart while practicing safety precautions, and cool and comfortable.

**Listen to your body.** Don't exert yourself if you don't need to. Take breaks when needed. If wearing a mask in the heat makes it feel hard to breathe because of preexisting conditions, limit mask use by staying home or staying away from others when outdoors. Avoid scheduling strenuous tasks during the hottest parts of the day.

