When the heat wave hits, what can you do?

Don't let the scorching sun catch you off guard this summer, get prepared!

These summer months, we are witnessing a global heatwave with record-breaking temperatures, spanning 3 continents in the northern hemisphere. This heatwave which has already taken a toll on lives, property, and infrastructure, will intensify in the year to come according to research and forecasts.

Here's what you need to prepare ahead to stay safe and cool during scorching days:

✅ Try not to rely on fans as your primary cooling- Fans create air flow and a false sense of comfort but do not reduce body temperature or prevent heat-related illnesses. Instead, when possible, use the A/C with temperatures no less than 24c, to cool down and save on electricity.

✅ Identify places in your community where you can get cool and hang out indoors where A/C is on.

✅ When possible, take a cool shower.

✅ Cover windows with drapes or shades and weather-strip doors and windows.

✅ Add insulation to keep the heat out.

✅ Use a powered attic ventilator, or attic fan, to regulate the heat level of a building’s attic by clearing out hot air.

✅ While considering family members, do not forget your pets, if it's too hot for you it's too hot for them.

**Stay cool & prepared! Please share these tips with your close friends, family, and community**.