

SAFE FAN USE

DO	DON'T
Use your fan in or next to a window. Box fans are best.	Ever use a fan in a closed room without windows or doors open to the outside.
Use a fan to bring in cooler air from outside at night or to vent hot air out during the day.	Use a fan anywhere near water.
Use your fan by plugging it directly into the wall outlet. If you need an extension cord, be sure it is UL (Underwriter Laboratory) approved.	Believe that fans cool air. THEY DON'T! A fan will only move air around and can help you feel cooler by evaporating your sweat.
	Use a fan to blow directly on you when the temperature is 95 degrees or above. This can increase your temperature and cause heat exhaustion.

If you are age 60 or older, have been sick lately, or live alone without air conditioning, it is strongly recommended that you spend a few hours in air conditioning each day during a heat warning.

For more information or help, call the PCA Senior Helpline: 215-765-9040

When you're
feeling the **heat**
this can be a
lifesaver.



Tips on keeping cooler and healthier during summer heat waves.

Drink lots of water.

Eight glasses a day will keep you hydrated.

Avoid coffee or alcohol.

They cause your body to lose water.

Stay air-conditioned.

If you don't have air conditioning, seek it out at a friend's house or the mall. If you can't get out, stay on a lower floor where it's cooler and open the windows.

Dress cool.

Wear loose, light-colored clothing and a hat during peak sunlight. Use sunblock of SPF 30 or greater.

Call a neighbor.

Have a friend or neighbor check on you twice a day during heat waves.

Know the signs of heat stroke.

If you experience high fever, flushed face, throbbing headache, confusion, little or no perspiration, rapid pulse—seek medical help.

Cut out and save.

For more tips on how to beat the heat, call the PCA Helpline.

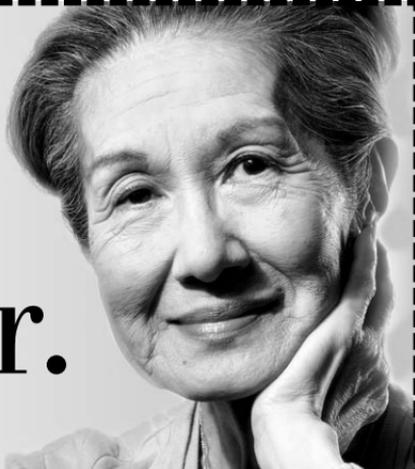
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PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

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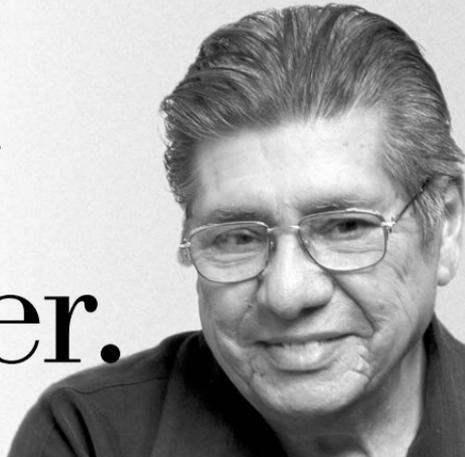
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