



Strategies To Overcome Heat Intolerance

- Wearing cooling devices (not just when you are in the heat, but as preventative maintenance)
- Times to wear cooling devices: cooking, cleaning, doing laundry, outdoor activities, before bedtime
- Consider wearing various small pieces of cooling equipment (wrist, neck, ankle coolers) in times when a full vest is not ideal
- Drink cold water throughout the day
- Take short breaks from the heat to cool down
- Avoid being outside in the hottest part of the day
- Take shorter and cooler showers
- Run cold water on wrists/behind knees/under arms at the end of the shower
- Cooling pillows or mattress toppers
- Place fans in strategic places (kitchen, bathroom, laundry room)
- Think through the places where you find yourself being overheated and modify
- Spray yourself with water using a spray bottle