

SHELTER



DON'T SWELTER

Keep cool this summer by getting smart about your surroundings



STAY INSIDE DURING THE HOTTEST PARTS OF THE DAY



CLOSE YOUR BLINDS



PUT A MOIST TOWEL ON YOUR ANKLES AND WRISTS



WEAR LOOSE CLOTHING



TURN ON A FAN



TURN OFF UNUSED LIGHTS OR APPLIANCES



COVER YOUR WINDOWS

FOR MORE HELPFUL TIPS AND TRICKS ON **MANAGING THE HEAT**, ASK US FOR A FACT SHEET TODAY



PENRITH CITY COUNCIL

