

4 Ways to Cool Down Quickly in Hot Weather

The actions below, when taken in time, can quickly improve how you feel in hot weather:



Hydrate:
drink lots and
lots of water



Cool your skin:
especially “hot zones”
such as armpits,
temples, wrists and
neck. A cool water
spray or towel-covered
ice packs on the skin
in these locations offer
quick relief



**Move into a
cool place**
such as a
room with air
conditioning or
in the shade



Lie down
and raise your
feet slightly



Atlantic Health System