



BEAT THE HEAT!

Setting up a 'cooling nook'

A cooling nook can be set up indoors or outdoors to assist in cooling down those who use the space – air-conditioning (portable or stationary not set at lower than 23 degrees Celsius to be energy efficient), electrical or battery-operated hand fans, water spray bottle, towels, misting kits and a hydration station with at least cold water.

Where possible, shallow buckets, small inflatable pools or large basins can be filled with water for people to keep their feet immersed.

People can also be advised to wear a wet shirt and keep themselves cool with spray bottles. Ensure that water is available and easy to access for people and animals.

Indoor location	If there is a space in the building that is cooler than other parts during the day, focus cooling initiatives such as insulation and blocking sun from windows to that part of the building. Stay in the cooler space during the hottest parts of the day as far as possible. Keep in mind that rooms with carpets or lots of furniture tend to be hotter than rooms with less furniture or other flooring cover.
Outdoor location	Ensure that the outdoor cooling nook is located in a comfortable space in the shade or in the coolest/greenest area outside. Ensure that an electricity access point is close by in case fans or a misting station will be used. In addition to shade under trees and near large shrubs, cooling nooks can be set up under large tents, gazebos, beach umbrellas and self-made shade canopies. Where possible, enclose the structure to ensure that hot air from outside does not enter the space. The space should ideally not be located on a platform made of asphalt or concrete, as hard surfaces do not allow the earth to cool down, instead absorbing heat and releasing it at night. Where possible, set up the space on permeable materials such as grass or sand.