



Home Temperatures

Temperatures in a home should be kept at comfortable and acceptable ranges. If the home you are working in is too cold and the thermostat is not working:

- Layer up. Put on as many layers of clothing as you can to maintain your body temperature. Wear coats and gloves if necessary.
- Use a portable space/electric heater.
- Use heavy blankets.
- Drink warm beverages, such as hot tea, to keep your body warm.
- Get the furnace checked.
- If the homeowner cannot afford to pay the bill or have the unit(s) checked, contact social service agencies for help.

If the home you are working in is uncomfortably warm:

- Make sure the thermostat is not on heat.
- Open the windows, create a cross-breeze, and use a fan if possible.
- Drink plenty of water to stay hydrated.
- Take a cold shower and apply cool washcloths.
- Limit stove, oven and hot appliance use.
- Close blinds to limit sunlight.
- If there is air conditioning, get the unit(s) or furnace checked.
- If the homeowner cannot afford to pay the bill or have the unit(s) checked, contact social service agencies for help.

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