

Extreme Heat Safe Fan Use FAQ

Did you know that fans should not be used as our main source of cooling? During very hot temperatures, they can even be dangerous.

Q: What have we learned in the last few years about the effectiveness of fans?

- Fans can make you *feel* cooler when they blow air on your skin, BUT fans do **NOT lower your core body temperature**.
- People at higher risk of heat illness include older adults, people with certain health conditions (like diabetes or heart or lung problems), pregnant people, and young children.
- Fans should **not** be the main way to cool down in very hot indoor spaces. People who are at higher risk should move to a cooler place when possible.



Did you know?

Safe temperatures and cooling down

Indoor temperatures below 26°C are considered safe for everyone; however, between 26°C and 31°C can become dangerous for at risk people. If your home gets 31°C, go somewhere cooler.

The best places to seek cooling are libraries, community gathering places, shady parks or going to a friend's home with A/C.

Q: How can fans best be used?

- Fans are best for **moving air**, not cooling it.
- When it's **cooler outside than inside**, use window fans to blow cooler air into your home.
- Do **not** use fans to bring in outdoor air if it's the same temperature or hotter outside.
- Avoid blowing hot air onto your body when the indoor temperature is high—it can make you even hotter.



If someone overheats, it can take a long time to cool their body down, and they can easily overheat if they return to a hot place. It's best to stay in a cool space for as long as possible, until outdoor and indoor temperatures are lower.

Extreme Heat Safe Fan Use FAQ

Q: Can I use a bathroom or kitchen fan to cool my home?

- Bathroom and kitchen fans push warm air out of your home.
- They can help cool your home when it is cooler outside than inside (overnight or early morning).
- Open your windows when the air outside is cool, and use these fans to pull the cooler air in.

Q: Are ceiling fans helpful for cooling?

- Ceiling fans can help you feel more comfortable when the air is cooler than your skin.
- They do not cool the air.

Q: Does using ice bottles or ice cubes in front of a fan to help?

- This may feel nice if you are right next to it, but it does not lower your core body temperature.
- It also doesn't cool the air in the room..

Q: Can I use a misting fan on my body?

- Spraying cool water on your skin, wearing damp clothing, or taking cool showers can help you cool down.
- Standing in front of a fan with damp skin can feel good, but it does not cool your core temperature enough during very hot weather.
- It should not be your main way to cool down.

Q: Are misting tents recommended?

- Misting tents can likely make people a little more comfortable on a hot day, but it is not clear how effective they are for people at higher risk.
- The safest option is a cool indoor place, but these can help.

If someone shows signs of severe heat illness, they need medical help right away.

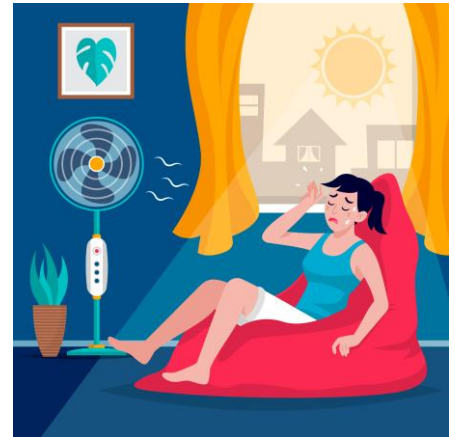


Image by FreePik

For information on how to prepare your home to stay cool, including government retrofits/rebate programs, please see our heat preparedness website



Consider sharing
our Fan Infographic

