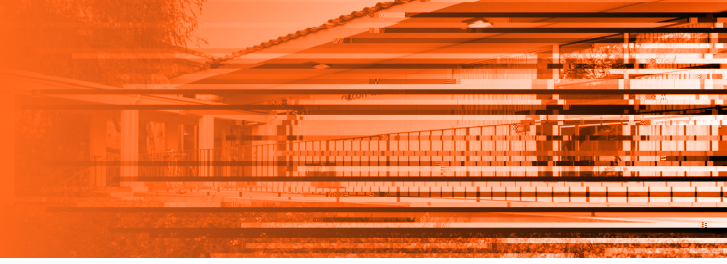


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When you're in a room, you can't see the air. But you can feel it. The air in a room is made up of tiny particles that are constantly moving. When the air is warm, the particles are moving faster and bumping into each other more often. When the air is cool, the particles are moving slower and bumping into each other less often. This is why you can feel the difference between warm and cool air.



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Temperature Tips

Need to cool down?

- Turn on a fan to circulate the air.
- Open windows to let in fresh air.
- Use a portable air conditioner.
- Turn off lights and electronics to reduce heat.
- Take a cool shower.
- Drink plenty of water.
- Use a cooling blanket.
- Take a break from the sun.
- Use a misting fan.
- Turn on a dehumidifier.

Feeling chilly?

- Turn on a heater.
- Close windows to keep the heat in.
- Use a space heater.
- Turn on the lights to generate heat.
- Take a warm shower.
- Drink a warm beverage.
- Use a blanket.
- Take a break from the sun.
- Use a space heater.
- Turn on a humidifier.

■ **Something broke! What do I do now?**

1. 10/10/2017

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