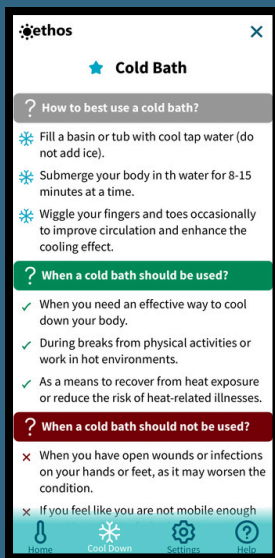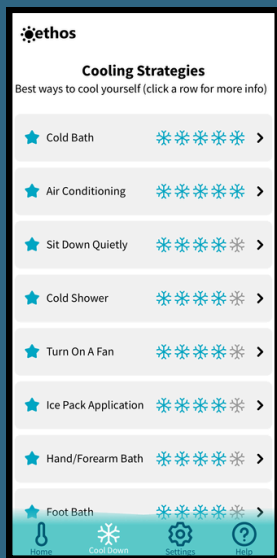# COOLING STRATEGIES

Depending on your preference/s and what's available to you, you'll find a list of ways to cool your body when you feel hot. Press 'Cool Down' below the screen to access this list. Snowflakes on the right hand side of the list show how effective each option is to cool your body, based on scientific evidence.



# SUPPORT / HELP

To guide you on how to navigate the Ethos Heat EWS app, access additional resources, or get support from our team, press the 'Help' button below the screen.
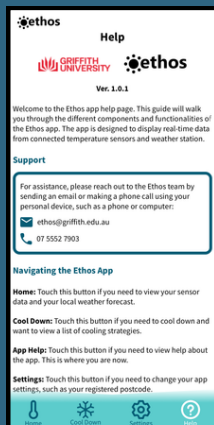


# CONTACT US

**CLIMATE-ETHOS.COM**

**+6I 7 55527903**
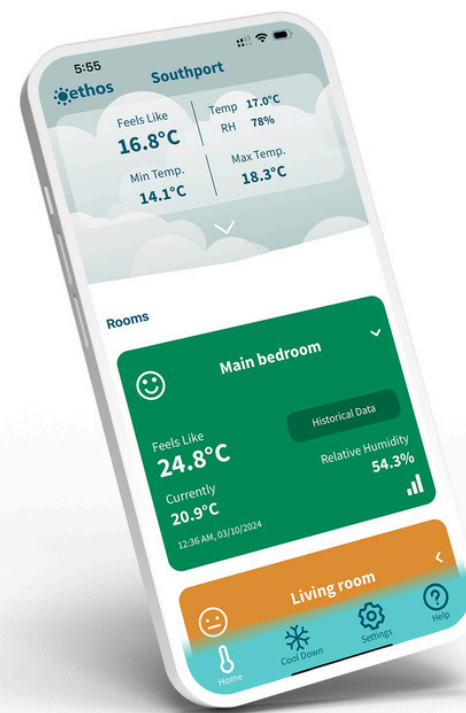**+6I 478270267**

**ETHOS@GRIFFITH.EDU.AU**

**We are available Monday through Friday from 9am - 4pm, excluding public holidays**



# ethos
### extreme heat + older persons

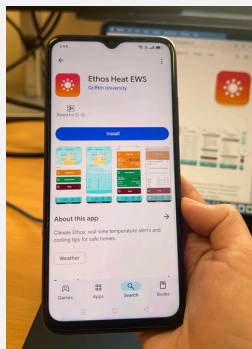**Individualised heat health early warning system**

**ETHOS HEAT EWS SMARTPHONE APP USER GUIDE**



For more information about our project, visit our website at www.climate-ethos.com or scan the QR code with your smartphone
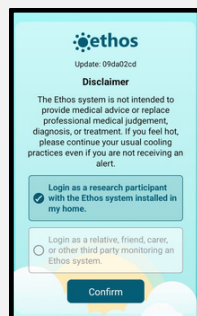
# ☀ GETTING STARTED

**Step 1. Go to the App Store (Apple) or Play Store (Samsung, Google and others), search for** `Ethos Heat EWS` **and press get/download.**
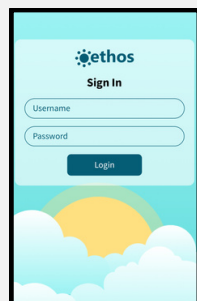
**Required OS Android 6.0 and up**

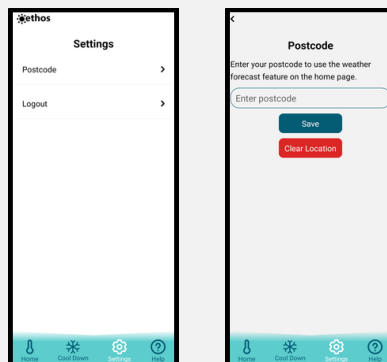**Required OS iOS 11 and up**

**Step 2. After the app has been downloaded, select login as a research participant.**

**Step 3. To login, please use the username and password we will provide.**

**Step 4. Go to settings, select post code, enter your post code and press save.**

## What the home screen looks like:

**GREEN: Temperature is within normal range.**

**Today's weather forecast!**

**ORANGE: Temperature is getting higher. Take steps to cool down.**

**RED: Too high! Press the "Cool Down" button below for suggested cooling strategies.**

**Press "Historical Data" to view temperature and humidity data per room**
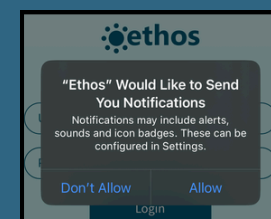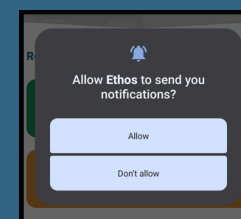
## ETHOS DISCLAIMER

### Ethos Disclaimer

The Ethos system is not intended to provide medical advice or replace professional medical judgement, diagnosis, or treatment. If you feel hot, please continue your usual cooling practices even if you are not receiving an alert.

Close

## ETHOS NOTIFICATION

Allow Ethos to send you notifications?

Allow

Don't allow

"Ethos" Would Like to Send You Notifications
Notifications may include alerts, sounds and icon badges. These can be configured in Settings.

Don't Allow          Allow

Anyone with the Ethos Heat EWS app installed (participant or third party) will receive app notifications for orange and red alerts. For participants, we don't recommend turning off the notifications or selecting "don't allow" as this defeats the purpose of the research.

## HISTORICAL DATA

### TEMPERATURE AND HUMIDITY
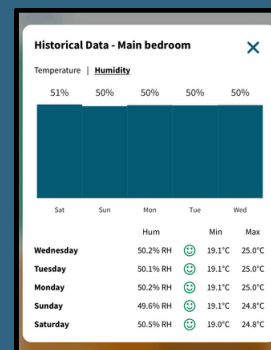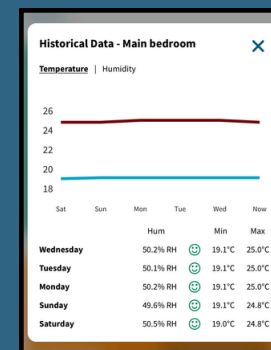
Every room will have historical temperature and humidity data.