

## Is heat a concern for Hawai'i?

Yes. In the past decade, the average number of hot and humid days and very warm nights have more than doubled, due to climate change, and are expected to increase.

## What is heat-related illness?

Heat-related illness happens when your body gets too hot and can't properly cool down; it can quickly progress from mild to severe, if not properly addressed.

## It's not just heat, it's humidity too.

Hawai'i has some of the highest average annual relative humidity in the country.

When it is too humid, our bodies have a harder time cooling down, which can lead to heat-related illness.



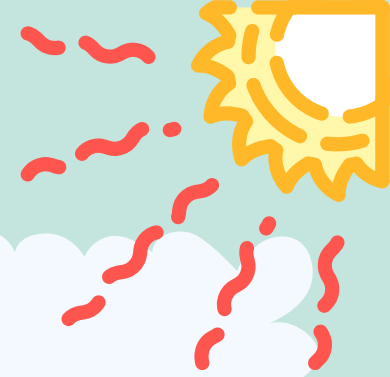
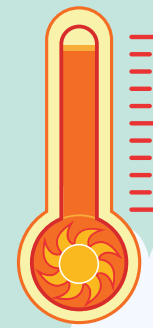
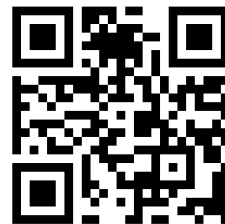
Share the information in this brochure with your friends and neighbors!

# KEEP COOL THIS SUMMER!

Follow us @hawaiidoh for updates on heat-related illness in Hawai'i this summer!



Find more resources about heat illnesses, extreme heat, and how to prepare at [www.heat.gov](http://www.heat.gov)



# Heat Safety Tips

Presented by:



## WHO IS MOST VULNERABLE TO HEAT-RELATED ILLNESS?

We are all vulnerable to heat-related illness, but some people are at higher risk than others.



Kūpuna



People with disabilities



People with pre-existing conditions



Outdoor workers and farmers



Keiki



Pregnant people



Houseless people



Overweight and obese people



People who are new to this weather

## SIGNS OF HEAT ILLNESS AND WHAT TO DO

### Heat Exhaustion

- Faint or dizzy
- Nausea
- Weakness
- Muscle cramps
- Cold, clammy skin
- Excessive sweating

#### What do I do?

Move to cool area, sip water, loosen clothing, and seek medical attention if symptoms persist.



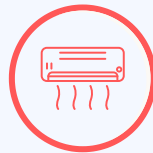
### Heat Stroke

- Confusion
- Dizziness
- Unconsciousness
- Severe headache
- Hot, dry skin
- Stopped sweating

#### What do I do?

Call 911, loosen clothing, move to a cool area, sip water if able, and cool skin with water and ice packs.

## HOW TO AVOID HEAT ILLNESS



Keep cool with fans or A/C spaces and in shade



Drink plenty of water



Check on neighbors at high risk of heat-related illness



Wear lightweight, loose-fitting clothing



Wear a hat outdoors or take an umbrella



Stay out of the sun