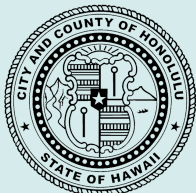
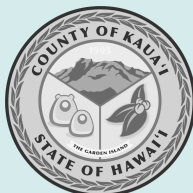


Heat Safety Tips

**KEEP COOL
THIS SUMMER!**

Brought to you by:



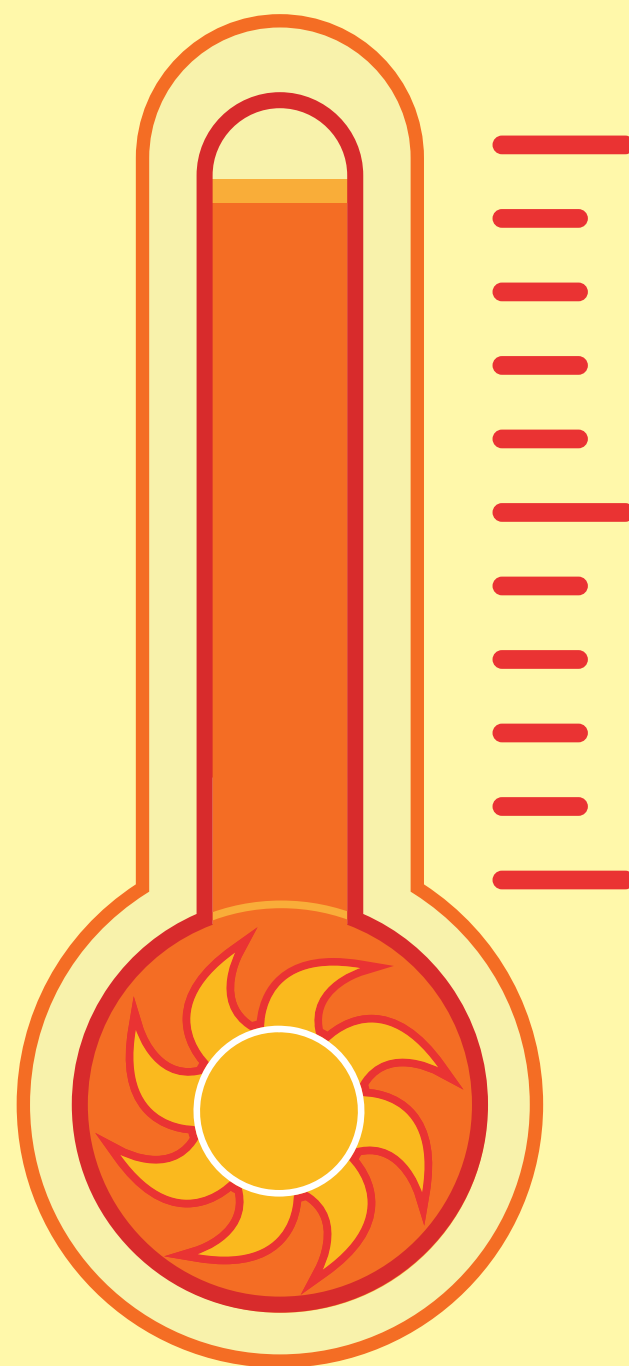
Is heat a concern for Hawai'i?

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.

Hawai'i has experienced an average air temperature increase of 2°F since 1950.

Data Reference:
climate.hawaii.gov/hi-facts/temperature/



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.

Data Reference:

www.cdc.gov/niosh/topics/heatstress/heatrelillness.html



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.

Data Reference:
"Most Humid States 2024." World
Population Review.



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
(elderly)



People with pre-existing conditions



Outdoor workers and farmers



People with disabilities



Keiki
(children)



Pregnant People



People new to this weather



Houseless people



Overweight and obese people



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.

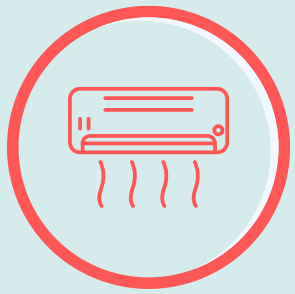
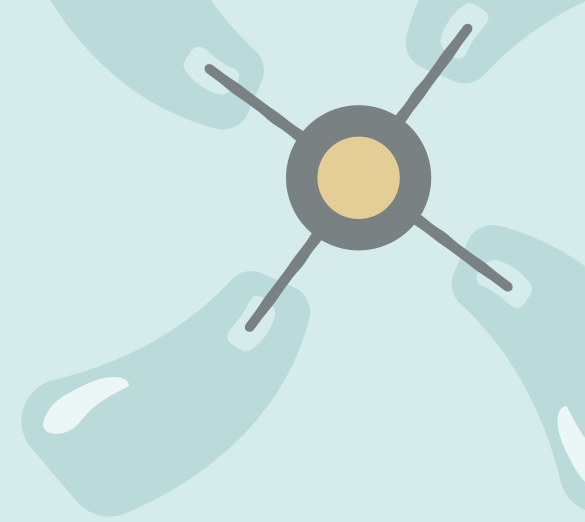
Heat Stroke

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

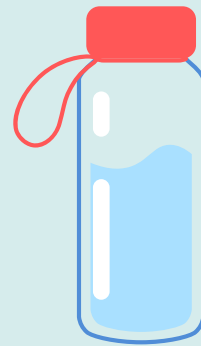
What do I do?

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



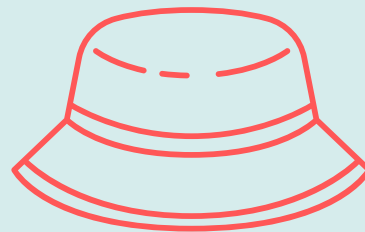
Keep cool with fans or A/C spaces and in shade



Drink plenty of water



Check on neighbors at high risk of heat-related illness



Wear a hat outdoors or take an umbrella

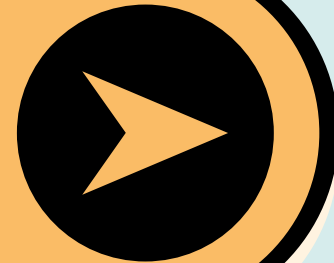


Wear lightweight, loose-fitting clothing



Stay out of the sun

LEARN MORE



Find more resources
about heat illnesses,
extreme heat, and how
to prepare at
www.heat.gov