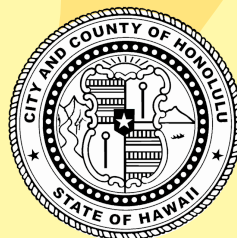
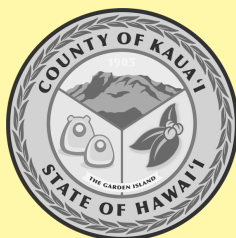


How does

HUMIDITY

**impact heat
in Hawai'i?**

Brought to you by:



Hawai'i and **HUMIDITY**

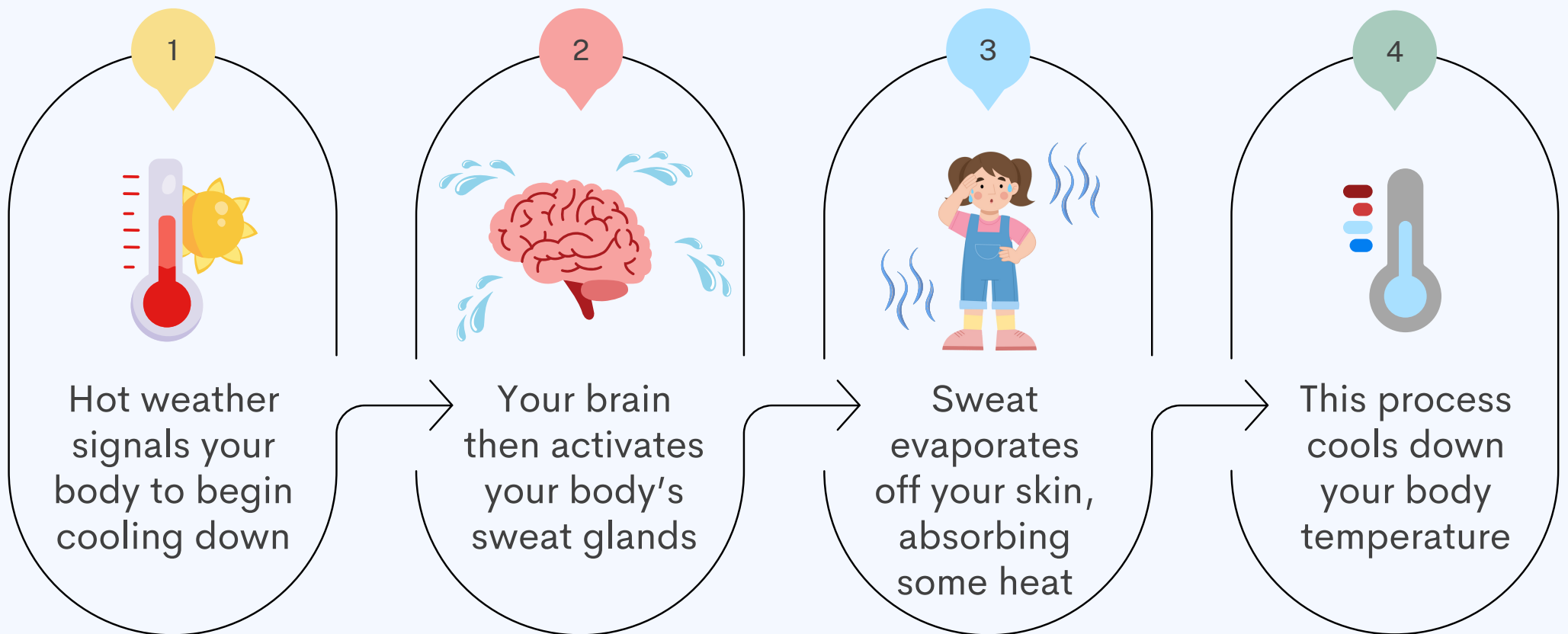
Humidity isn't just uncomfortable — it can also be dangerous.

Although Hawai'i has never passed 100°F, the moisture from the Pacific Ocean causes the islands to have some of **the highest average annual relative humidity in the U.S.**

Swipe to learn why this matters for your health and safety!



How does the body **COOL** itself down?



Sweat! As sweat evaporates from your skin, it **absorbs some heat and lowers your body temperature** in the process.

How does **HUMIDITY** affect your health?

High humidity means the air is full of water vapor, leaving little room in the air for your sweat to evaporate into.

This slows your body's cooling process and raises your risk of heat-related illness.

It is also why you feel sweatier and hotter during humid days!



STAY SAFE
KEEP COOL



Use fans, A/C spaces,
or keep cool in shade



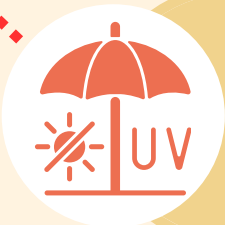
Check on vulnerable
neighbors



Wear lightweight,
loose-fitting clothing

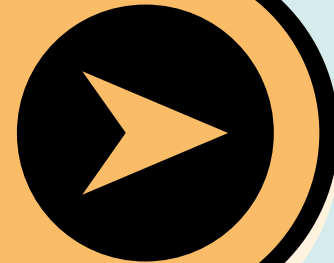


Drink plenty of water



Stay out of the sun
when humidity is high

LEARN MORE



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