Who is most vulnerable to

HEAT-RELATED ILLNESS?

Part One

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

Kūpuna (Elderly), Keiki (Children), People who are Pregnant, and People with Disabilities

Brought to you by:

WHY ARE KŪPUNA (ELDERLY) MORE VULNERABLE TO HEAT?

1

Bodies are less effective at cooling themselves.

2

More difficult for them to sense heat and dehydration.

3

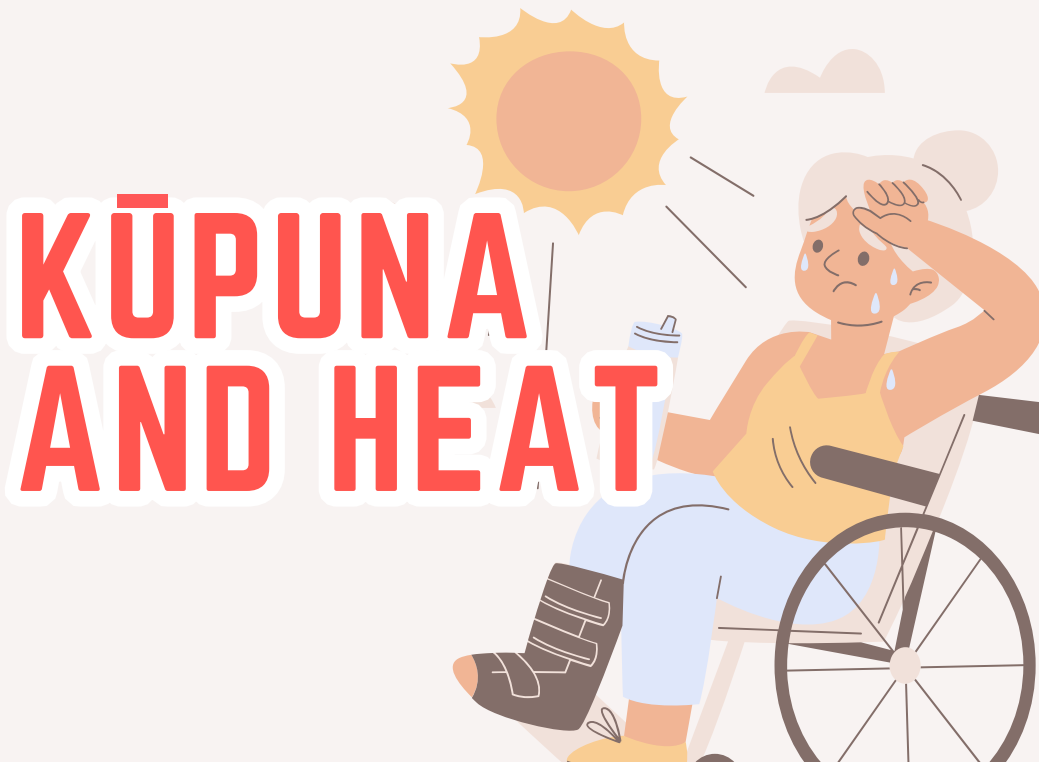
Cognitive challenges can make it harder to recognize and respond to heat stress.

4

Higher risk of socioeconomic factors that limit access to A/C or strong social support.

5

More likely to have chronic health conditions or take medications that may be affected by heat.



KŪPUNA (ELDERLY) SAFETY TIPS

1. **Stay Hydrated:** Drink water regularly. Do not wait until you are thirsty.

2. **Check-in:** Regularly contact older relatives or neighbors. Know what medicines may affect body temperature

3. **Wear Light Clothing:** Opt for loose, light-colored outfits.

4. **Keep Cool:** Use fans, A/C, or visit places like libraries that have cooling systems.

5. **Limit Strenuous Activities:** Don't overwork during peak heat hours to avoid overheating.

WHY ARE KEIKI (CHILDREN) MORE VULNERABLE TO HEAT?

1

Less efficient than adults at cooling down their bodies.

2

Rely on adults to keep them cool and hydrated.

3

More likely to become dehydrated because their bodies lose more fluid faster than adults.

4

Often more active outdoors and may not recognize the need to rest or hydrate.

5

Potentially unable to communicate symptoms of heat stress effectively.

KEIKI (CHILDREN) SAFETY TIPS

1. **Keep Your Keiki Safe:** Never leave keiki (children) alone in cars.
2. **Stay Cool:** Stay indoors during the hottest parts of the day and encourage rest after exposure to heat.
3. **Wear Light Clothing:** Dress children in loose, lightweight, and light-colored clothing.
4. **Stay Hydrated:** Encourage children to drink plenty of water.
5. **Recognize Symptoms of Dehydration:** Dry mouth, lack of tears when crying, decreased physical activity, and fussiness.

WHY ARE PEOPLE WHO ARE PREGNANT MORE VULNERABLE TO HEAT?

1

Pregnant bodies must work harder to cool themselves and the developing baby.

2

Heat stress can amplify gestational hypertension, and may also lead to pregnancy complications.

3

Pregnant individuals are at a higher risk of dehydration, which can lead to overheating.

4

Medications commonly prescribed during pregnancy can cause increased sensitivity to heat.

5

Hot days promote unhealthy levels of air pollutants, which can increase the risk of adverse pregnancy outcomes.

PREGNANCY AND HEAT

Pregnancy and Heat Safety Tips

1. **Stay Hydrated:** Keep a water bottle with you and drink regularly, even if you don't feel thirsty.
2. **Listen to Your Body:** If you start to feel dizzy, nauseous, or overheated, stop activity immediately. Use A/C, fans, and shade to stay cool.
3. **Rest and Elevate:** Prioritize rest. When resting, elevate your feet to reduce swelling and improve circulation.
4. **Dress Comfortably:** Wear loose-fitting, light-colored, and lightweight clothes to help your body stay cool.
5. **Consult Your Doctor:** Talk to your doctor about managing heat exposure and medications during pregnancy.

WHY ARE PEOPLE WITH DISABILITIES MORE VULNERABLE TO HEAT?

1

Difficulty recognizing and responding to signs of heat stress.

2

Limited ability to move quickly to cooler environments or access hydration.

3

Some medications can affect the body's ability to regulate temperature.

4

Underlying health conditions can increase susceptibility to heat-related illness.

5

If caregivers are unavailable or untrained, heat-related illness risks increase.

People with Disabilities Safety Tips

1. **Community Support:** Utilize local resources, such as disability or support services, for additional assistance during extreme heat events.

2. **Consult Your Doctor:** Talk to your doctor about managing heat exposure and medications.

3. **Medication Management:** Ensure medications are stored properly and taken on schedule, as some may increase heat sensitivity.

4. **Emergency Plan:** Have a plan in place for emergencies and know how to recognize symptoms of heat-related illness.

5. **Check-In:** Regularly check-in with neighbors with disabilities during heat waves, as emergency warning systems may not be equitably designed for accessibility.

LEARN MORE

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

Who is most vulnerable to HEAT-RELATED ILLNESS?

Part Two

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

Pre-Existing Conditions, Outdoor Workers, People Experiencing Houselessness, and Visitors

Brought to you by:

WHY ARE PEOPLE WITH PRE-EXISTING CONDITIONS MORE VULNERABLE TO HEAT?

1

Excess weight can retain more heat and lower the body's ability to cool down.

2

Some medications can increase sensitivity to heat.

3

People with existing mental health conditions are at higher risk for distress during periods of extreme heat.

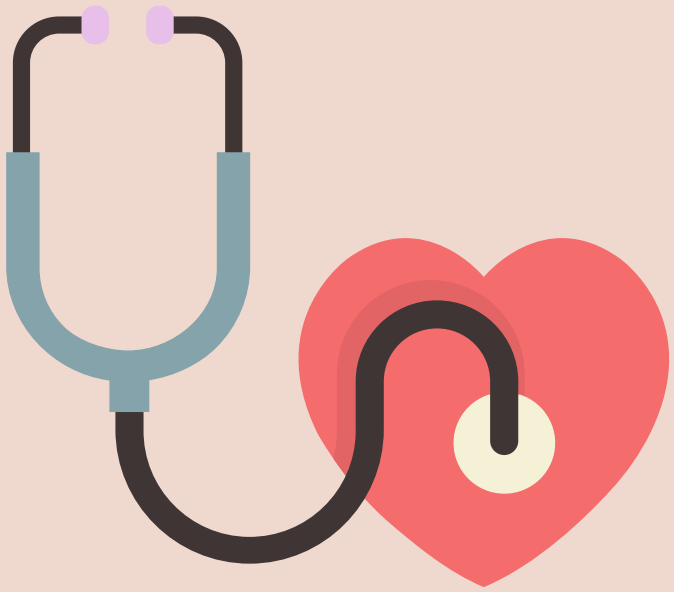
4

People with heart disease or diabetes can have more difficulty cooling down their body.

5

High temperatures can worsen air quality, which can harm people with respiratory conditions.

Pre-Existing Conditions Safety Tips



1. **Consult Your Doctor:** Talk to your doctor about managing heat exposure and medications.
2. **Stay Hydrated:** Keep a water bottle with you and drink regularly, even if you don't feel thirsty.
3. **Plan Ahead:** Check the weather forecast and avoid outside activities during high temperatures
4. **Stay Connected:** Regularly check-in with your support network to ensure you stay cool and healthy
5. **Manage Medications:** Prepare a cooler and ice packs to keep refrigerated medicine cool during a power outage

WHY ARE PEOPLE EXPERIENCING HOUSELESSNESS MORE VULNERABLE TO HEAT?

1

Frequently moving and changing locations can increase body temperature and exhaustion.

2

Limited access to shade and cooling measures, like A/C and fans, that help regulate body temperature.

3

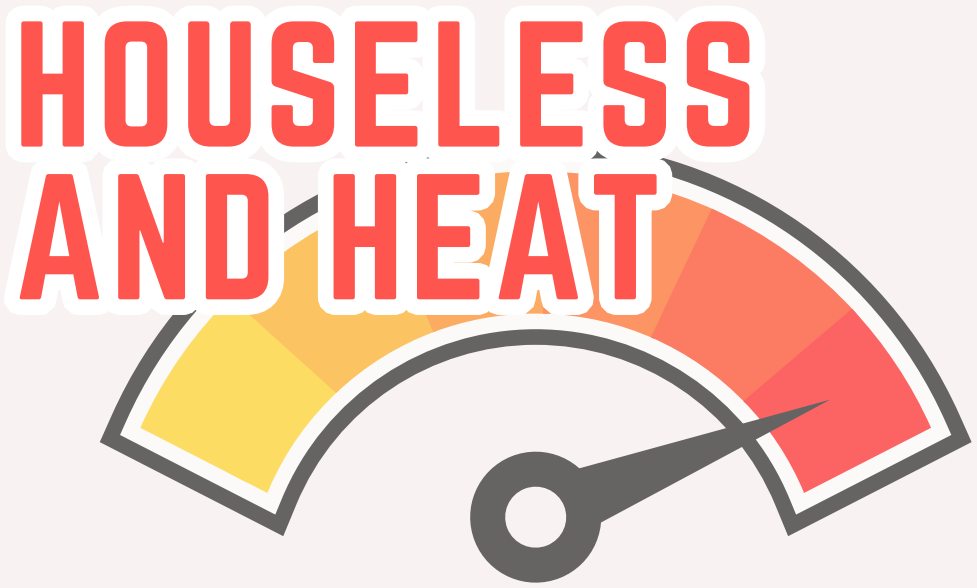
Lack of shelter increases exposure to the sun's heat, while tents also absorb heat.

4

Limited access to appropriate clothing or resources to help regulate body temperature.

5

Limited access to clean water can increase the risk of dehydration and heat-related illnesses.



Houseless Safety Tips

1. **Community Support:** Seek help from local shelters, outreach programs, or community services that provide relief from the heat.
2. **Seek Shade:** Find shaded areas or create makeshift shelters using tarps or other materials to reduce direct sun exposure.
3. **Keep Cool:** Use libraries and public buildings that offer air conditioning.
4. **Avoid Peak Heat:** Avoid overexerting yourself during the peak of day. If conditions are safe, cool off by swimming in the ocean.
5. **Share Resources:** If possible, share information about support services with others.

WHY ARE OUTDOOR WORKERS MORE VULNERABLE TO HEAT?

1

Outdoor workers spend extended periods exposed to high temperatures, often within urban heat islands.

2

Many outdoor jobs involve physical labor that can exhaust the body and generate heat.

3

Work schedules often prevent adequate breaks to hydrate and stay cool.

4

Required safety gear can restrict the body's ability to cool down through sweating.

5

Employers may not be aware of the risk of heat-related illness or the policies they can put in place to keep workers safe.

OUTDOOR WORKERS AND HEAT

Outdoor Workers Safety Tips

1. **Stay Hydrated:** Drink water throughout the day, not just during breaks. Carry a large water bottle and consider electrolyte-replenishing drinks.

2. **Take Frequent Breaks:** Schedule regular breaks in shaded or air-conditioned areas to cool down and rest.

3. **Wear Protective Clothing:** Choose lightweight, breathable, and light-colored clothing. Use hats and sunglasses to protect from the sun.

4. **Acclimatize Gradually:** If new to working in hot conditions, gradually increase exposure to high temperatures over a period of 1-2 weeks to allow the body to adjust.

5. **Cooling Techniques:** Use cooling towels/bandanas around the neck, and portable fans or misting devices. If possible, have access to a cool area or cooling vest during work.

WHY ARE VISITORS MORE VULNERABLE TO HEAT?

1

Visitors may not be acclimated to Hawai‘i’s heat and high humidity.*

2

Visitors often spend more time outdoors in direct sunlight, increasing their risk for sunburn.

3

Travel exhaustion and jet lag can increase dehydration and heat sensitivity.

4

May have limited access to shade, forget to bring water when outside, or know where to go to stay cool.

5

May not safely prepare for outdoor activities, like hiking, which can increase their risk of sunburn or heat-related illness.

VISITORS AND HEAT

***If you live in Hawai‘i and have been off island for some time, your body may need time to reacclimate to higher temperatures and humidity.**

VISITOR SAFETY TIPS

1. **Stay Hydrated:** Drink water regularly, even if not feeling thirsty. Avoid alcoholic or sugary beverages in the sun.

2. **Plan Outdoor Activities:** Schedule outdoor activities during cooler times of day, such as early morning or evening.

3. **Be Aware of Emergency Services:** Familiarize yourself with local emergency contacts and healthcare facilities.

4. **Respect Physical Limits:** Listen to your body's cues and pace yourself to avoid overexertion in the heat.

5. **Wear Sunscreen:** Wear sunscreen and frequently reapply throughout the day.

LEARN MORE

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