



# OLAKINO MAIKA'I

To Improve Your Health and Well-Being



## Summer in Hawai'i

Learn how to stay safe from Hawai'i's hidden summer health risks.



## Prepare Now for Hurricane Season

With experts monitoring a potentially strong El Niño this year, learn how to prepare for hurricane season and protect your family.



## Men's Health Month

Men: prioritizing your health helps you show up for the people you love.



## Healthy Oceans, Healthy Hawai'i



June is **National Oceans Month**, and with World Oceans Day on June 8, it's a perfect time to celebrate the special connection between Hawai'i's people and the ocean. Our beaches and coastal waters support recreation, food, culture, and community wellbeing, and they also play an important role in public health.

The Hawai'i Department of Health works year-round to help protect ocean health through water quality monitoring, beach bacteria advisories, wastewater management, and environmental protection efforts across the islands. Healthy coral reefs and clean coastal waters help support safe swimming, fishing, and gathering spaces for residents and visitors alike.

As summer begins, residents are reminded to avoid entering the ocean when the water is brown or murky, or after heavy rains, when stormwater runoff can carry bacteria and other contaminants into nearshore waters. Ongoing efforts to reduce cesspool pollution and protect reefs also help safeguard both environmental and human health.

By mālama 'āina and mālama wai, we can help ensure Hawai'i's oceans remain healthy for future generations.

HAWAII WATER QUALITY

CLEAN WATER BRANCH

## MO'OLELO OLAKINO

*History of Health*

### Hawai'i Leads the Nation in Worker Health Coverage

More than 50 years ago, Hawai'i became a national leader in healthcare reform. On June 12, 1974, the state enacted the Hawai'i Prepaid Health Care (PHC) Act, becoming the first state in the nation to require employers to provide health insurance coverage to eligible workers.

The landmark law was championed by State Representative Yoshito Takamine, a longtime labor advocate and chair of the House Labor Committee, who helped shape the legislation during a time when many workers across the country lacked access to affordable healthcare.

Under the law, employers in Hawai'i must provide health insurance to eligible employees who work at least 20 hours per week for four consecutive weeks and meet minimum wage requirements. The law also limits how much employees can be required to contribute toward premiums.

Today, Hawai'i continues to have one of the nation's lowest uninsured rates — a legacy many experts attribute in part to the PHC Act and Hawai'i's long-standing commitment to public health and worker wellbeing.

HAWAII PREPAID HEALTH CARE LAW



### The Hidden Health Risks of Hawai'i Summers



Summer in Hawai'i means beach days, hiking adventures, backyard gatherings, and more time outdoors with family and friends. But along with all the fun, warmer weather and outdoor activities can also bring preventable health risks.

☀️ Ultraviolet (UV) rays can cause sunburn and increase the risk of skin cancer, even on cloudy days. Residents and visitors are encouraged to:

- 🧴 Apply broad-spectrum sunscreen with sun protection factor (SPF) of 15 or higher;
- 🧢 Wear a hat and clothing that covers the arms and legs;
- ☂️ Take breaks in the shade during the hottest parts of the day; and
- 🥤 Drink plenty of water to stay hydrated, even when you don't feel thirsty.

🌊 Ocean and freshwater recreation also come with important safety considerations. Always check ocean conditions before swimming, pay attention to rip current warnings, bring your 'ohana to a lifeguarded beach, and always supervise keiki.

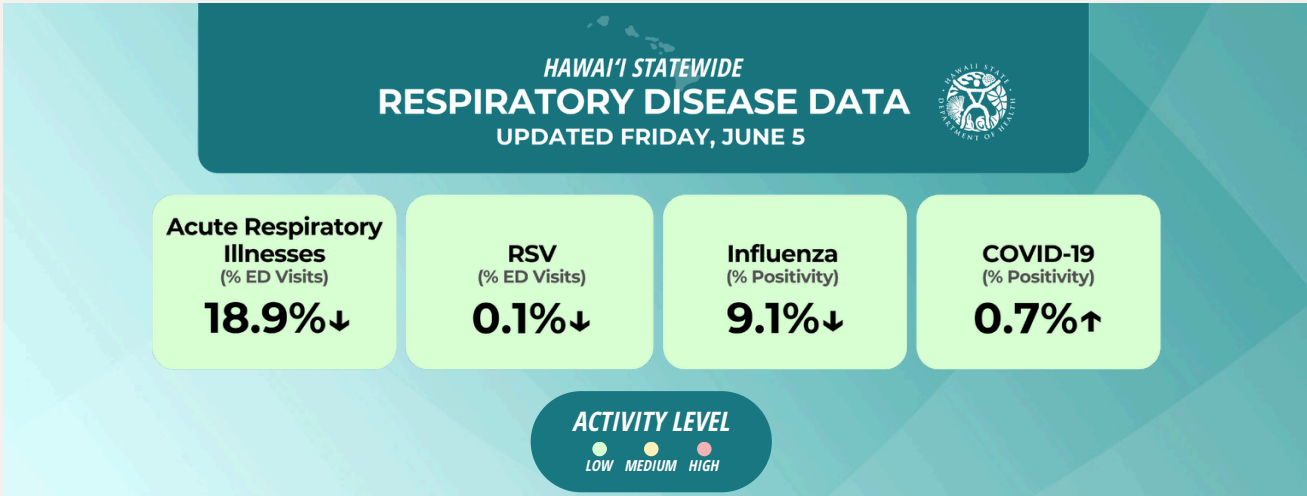
👣 Hikers should know their limits, plan ahead, carry water, stay on trail, set a turn-around time and avoid trails during dangerous weather conditions.

🍴 At parks and beach gatherings and backyard barbeques, proper food handling can help prevent foodborne illness. Wash hands and surfaces often, separate raw meats from other foods, cook foods to safe temperatures, and refrigerate perishable food within 2 hours.

A few simple precautions can help everyone enjoy a healthy and safe Hawai'i summer.

### ULTRAVIOLET (UV) INDEX

## This Week's Respiratory Disease Data



This week's data shows low activity levels for acute respiratory illnesses (18.9% ED visits), RSV (0.1% ED visits), Influenza (9.1% positivity) and COVID-19 (0.7% positivity).

## RESPIRATORY DISEASE DASHBOARD

# BEHAVIORAL HEALTH

## Pride Month and Public Health



June is **Pride Month**, a time to celebrate Hawai'i's LGBTQ+ communities while recognizing the importance of health equity, inclusion, and access to supportive care.

Public health works best when everyone feels safe, respected, and connected to care.

Access to affirming healthcare, mental health support, HIV and STI prevention services, and welcoming community spaces can have a meaningful impact on overall wellbeing, especially for youth and individuals who may experience stigma or isolation.

The Hawai'i Department of Health supports programs and partnerships that help connect LGBTQ+ residents to culturally responsive services, education, and resources statewide. From confidential HIV and STI testing to youth mental health initiatives and community-based support organizations, these efforts help build healthier and more connected communities across Hawai'i.

This Pride Month, DOH encourages residents to support one another, foster safe and inclusive spaces, and remember that belonging and community connection are important parts of public health.

LGBTQ+ SAFE SPACES

SEXUAL AND GENDER MINORITIES

STI/HIV CLINIC

# ENVIRONMENTAL HEALTH

## Hurricane Season Starts with Preparedness



Hurricane season officially begins June 1, and now is the time for Hawai'i residents and families to review emergency plans and prepare for potential storms before severe weather threatens the islands. Weather experts are also monitoring the possible development of a strong El Niño later this year, which could increase the risk of extreme weather across the Pacific.

A well-stocked emergency kit can help households stay safe during power outages, flooding, and disruptions to essential services.

In addition to food, water, flashlights, and batteries, residents should make sure they have enough prescription medications, medical supplies, and important documents on hand. Kūpuna and medically vulnerable individuals may need additional planning for mobility needs, refrigerated medications, or medical equipment that relies on electricity.

After storms, standing water and flooding can increase mosquito activity, mold growth, and exposure to contaminated water. Residents are encouraged to safely clean flooded areas, avoid floodwaters when possible, and monitor official updates before returning to beaches or streams.

Preparing early can help reduce stress and support both physical and mental wellbeing during emergencies.

**A simple guide** to ten essential items you should pack BEFORE a natural disaster or health emergency occurs.

# Take 10

- 14-day bottled water supply**
- 14-day nonperishable food supply**
- Radio and flashlight**
- Electronics (cell phone, laptop and chargers)**
- Health and medical supplies**
- Change of clothes and footwear**
- Hygiene and personal care items**
- First aid and safety supplies**
- Cash and important documents**
- Supplies for unique needs (infants, elderly, pets)**

**PREPARE NOW**

## PUBLIC HEALTH

### Showing Up For Your Family Starts with Showing Up for Your Health



June is **Men's Health Month** and with Father's Day just around the corner, it's a reminder that taking care of your health is one of the most important ways to care for the people who depend on you.

Many serious health conditions, including heart disease, diabetes, high blood pressure, and some cancers, can be prevented or better managed through regular checkups, screenings, physical activity, healthy eating, and mental health support. Yet men are often less likely to seek preventive care or talk openly about health concerns.

Showing up for your family starts with showing up for your health. Whether it's scheduling a routine appointment, taking time to exercise, managing stress, or checking in with a friend, small steps can make a big difference over time.

This Men's Health Month, the Hawai'i Department of Health encourages men across Hawai'i to prioritize their wellbeing and take proactive steps toward a healthier future for themselves and their loved ones.

CHRONIC DISEASE PREVENTION

## SHORT TAKES

### Alzheimer's & Brain Awareness Month



June is **Alzheimer's & Brain Awareness Month**, a time to raise awareness about dementia, support caregivers, and encourage healthy habits that may help protect brain health. In Hawai'i, many families care for kūpuna living with Alzheimer's disease or other forms of dementia.

While aging is the biggest risk factor, staying physically active, socially connected, mentally engaged, and managing chronic conditions may help support long-term brain health. Early diagnosis and support services can also improve quality of life for individuals and caregivers alike.

Recent medical research links getting the shingles vaccine to a lower risk of developing dementia and a slower progression of cognitive decline. The shingles vaccine is a two-dose series beginning at age 50. If you are older than 50 and have not yet received this vaccine, consider discussing vaccination with your healthcare provider.

This month, take time to learn the warning signs of dementia, check in with loved ones, and support caregivers in your community.

[HEALTHY BRAIN TRACKER](#)

[HAWAI'I 2035 STATE STRATEGIC PLAN](#)

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## PTSD Awareness Month



June is **PTSD Awareness Month**, highlighting the importance of mental health support for individuals affected by trauma. Post-traumatic stress disorder (PTSD) can affect anyone, including veterans, first responders, disaster survivors, and individuals who have experienced violence, abuse, or other traumatic events.

PTSD symptoms may include anxiety, sleep problems, flashbacks, depression, or difficulty concentrating. Support, treatment, and community connection can make a meaningful difference, and seeking help is a sign of strength.

The Hawai'i Department of Health encourages residents to check in on their mental wellbeing and reach out for support when needed.

[HAWAI'I CARES](#)

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## CPR and AED Awareness Week Highlights Lifesaving Skills



**HANDS-ONLY CPR**

**2 STEPS  
TO SAVE A LIFE**



## CPR Playlist 🎵

**Stayin' Alive**

Bee Gees

**Can't Stop the Feeling**

Justin Timberlake

**Call Me Maybe**

Carly Rae Jepsen

**Eye of the Tiger**

Survivor

**Take a Chance on Me**

ABBA

Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

National **CPR and AED Awareness Week**, observed June 1-7, is a reminder that learning CPR can help save lives during cardiac emergencies. Immediate CPR and access to an automated external defibrillator (AED) can significantly improve survival chances while waiting for emergency responders.

Cardiac emergencies can happen anywhere — at home, at work, or in the community — and bystander action matters. Even basic hands-only CPR can make a critical difference.

The Hawai'i Department of Health encourages residents to learn CPR, become familiar with AED locations, and talk with family members about emergency preparedness.

### EMS RESOURCES

## World Blood Donor Day



**World Blood Donor Day** on June 14 recognizes the lifesaving impact of blood donors and the importance of maintaining a stable blood supply for hospitals and emergency care.

Blood donations support patients undergoing surgery, cancer treatment, trauma care, and emergency medical procedures. Summer months can sometimes bring seasonal blood shortages, making community donations especially important.

Giving blood is a simple way to help save lives and support Hawai'i's healthcare system. Residents who are eligible are encouraged to consider donating and learning more about local blood donation opportunities.

BLOOD BANK OF HAWAI'I

Please note that our DOH Punchbowl offices will be closed on Thursday, June 11 in observance of King Kamehameha I Day.

## INFORMATION HOTLINES

### DOCD Disease Reporting Line

O'ahu (808) 586-4586  
Maui (808) 984-8213  
Kaua'i (808) 241-3563  
Hilo (808) 933-0912  
Kona (808) 322-4877

### DOH Hotline

Get information & resources  
Call (808) 586-4400

### Hawai'i CARES 988 Hotline

Local crisis counselors are available to help 24/7  
Call or Text 9-8-8  
or Call (808) 832-3100  
or Call 1-800-753-6879

### Senior Medicare Patrol (SMP) Hawaii

The go-to source for Medicare Fraud Prevention  
Education and referral assistance for related  
scams.  
Toll Free: 1-800-296-9422  
[info@smphawaii.org](mailto:info@smphawaii.org)

Big mahalo to everyone who shared story ideas with us. We love to hear from you! If there's a topic you'd like us to cover, please let us know at [doh.comm@doh.hawaii.gov](mailto:doh.comm@doh.hawaii.gov).

*In Hawaiian, the word olakino refers to the state of health and well-being. The word "ola" means life and health, and the word "kino" means body. Olakino is generally considered to be the greatest wealth and great health that one can attain, not just of the body but holistically. Maika'i in Hawaiian means good or wellbeing.*

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