



# OLAKINO MAIKA'I

*To Improve Your Health and Well-Being*

Aloha!

From **Summer Health and Safety Tips to Aging with Aloha**, keep reading for the latest updates from your Hawai'i State Department of Health (DOH).

Mahalo to those of you who sent us topics you'd like to read about! Keep those suggestions coming! Email us at [doh.comm@doh.hawaii.gov](mailto:doh.comm@doh.hawaii.gov).

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## Summer Health & Safety Tips



Nothing says "summer is here" quite like Fourth of July picnics and family potlucks in the park – but warm weather also increases the risk of foodborne illness. Be sure to wash your hands before handling food. Keep cold foods like fruits, salads, and deli meat in a cooler with plenty of ice. Hot foods, such as grilled meats, should stay above 135°F until served. Don't leave perishable food out for more than an hour!

Summer is also a great time to eat healthy – choose fresh fruits, vegetables, and lean proteins, and limit sugary drinks and processed foods.

## Beat the Heat! ☀️

Summers are getting hotter, so it's more important than ever to remember these tips to "beat the heat" as temperatures rise.

1. **Stay Hydrated** – Drink plenty of water; don't just drink when you're thirsty! Avoid sugary drinks and alcohol when you're active in the sun.
2. **Avoid Peak Sun Exposure** – The sun is at its hottest between 10 a.m. and 2 p.m. Plan your activity to avoid the hottest part of the day. Don't forget to bring your reef-safe sunscreen, SPF 15 or higher!
3. **Stay in the Shade** – Find a shady spot beneath a tree or get a tent for your picnic. Wear a wide-brimmed hat and light clothes. Keep babies younger than 6 months out of the sun.
4. **Watch for Heat Illness** – If you're feeling dizzy, exhausted or nauseated, find some shade and cool off. Keep a close eye on keiki and kupuna, or those with health conditions.

SAFE FOOD TIPS

HEAT SAFETY TIPS

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## Sleep: More important than you think



Getting 7 to 9 hours of quality sleep each night helps your body repair, your brain process information, and your immune system stay strong. Poor sleep is linked to higher risks of heart disease, obesity, and depression. Do your body a favor by creating a healthy sleep routine. Here are some tips to maximize the health benefits of a good night's sleep:

- **Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends!
- **Bedtime Routine:** Wind down with calming activities like reading to tell your body that it's time to sleep.
- **Calm environment:** A quiet, cool, and dark environment helps you fall asleep faster, and stay asleep.
- **Silence the Phone:** Avoid using your phone, tablets, and TVs at least 30 minutes before sleeping.
- **No more Grinds:** Caffeine, large meals, and alcohol too close to bedtime can disrupt your sleep.



## Aging with Aloha

*How the Executive Office on Aging Supports our Kūpuna*



The Executive Office on Aging (EOA) is here to support Hawai'i's older adults and caregivers with a wide range of services and programs. Last month, EOA observed Medicare Fraud Prevention Week, helping the public to better understand how to protect themselves and their loved ones from scams that cost taxpayers billions each year.

EOA also provides free Medicare counseling through their Hawai'i State Health Insurance Assistance Program (Hawai'i SHIP), fitness and disease prevention classes through the Healthy Aging Partnership, and in-home services like meal delivery, transportation, and caregiver support.



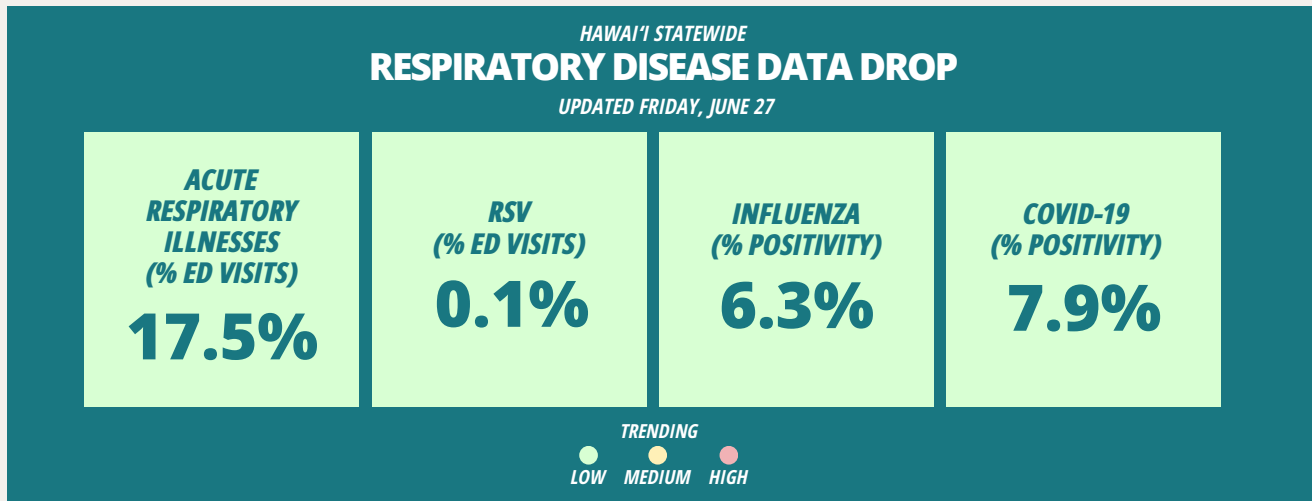
Norma Kop, Director of Senior Medicare Patrol (SMP) Hawai'i, received the 2025 Barbara McGinity SMP Leadership Award from the SMP Resource Center, a national organization supporting local efforts to combat Medicare fraud. "Norma honors Barbara McGinty's legacy as a champion for all through her passion for educating and protecting Medicare beneficiaries," the organization said. "Under Norma's guidance, the SMP Hawai'i has made tremendous strides in protecting kūpuna from scams and fraudulent schemes." Congratulations, Norma!

NEWS RELEASE

SMP MEDICARE TRACKER APP

MORE INFORMATION & SERVICES

# This Week's RSV and COVID-19 Data

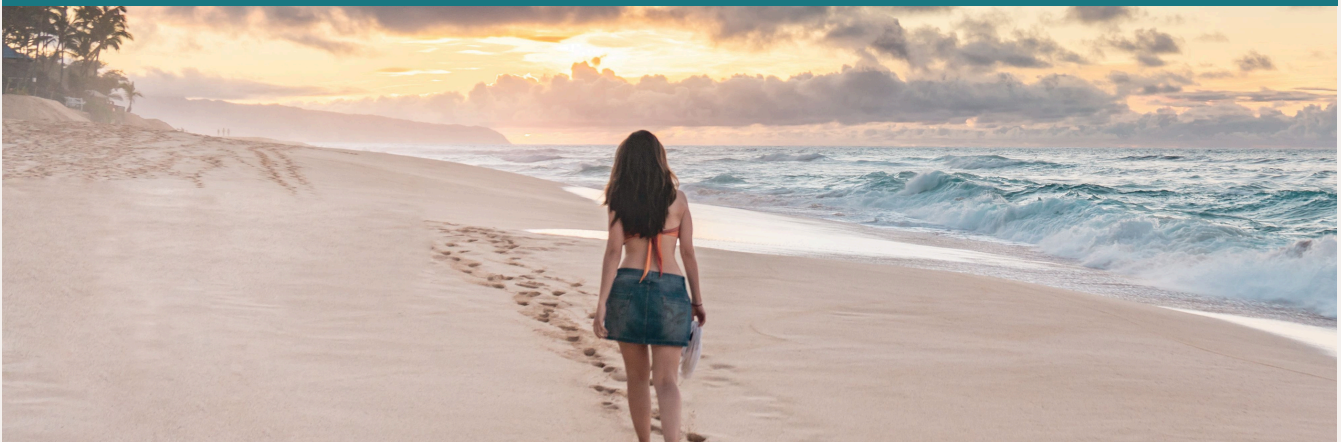


This week's data shows low activity levels for acute respiratory illnesses (17.5% ED visits) and RSV (0.1% ED visits). Influenza (6.3% positivity) and COVID-19 (7.9% positivity) activity levels remain low.

[VACCINE INFORMATION](#)

[RESPIRATORY DISEASE DASHBOARD](#)

## BEHAVIORAL HEALTH



Did you know that July 24 is International Self-Care Day? It's the perfect reminder that taking care of your own physical, psychological and emotional needs is an essential part of staying healthy. Life can get hectic, and sometimes it's totally okay to not feel okay.

DOH encourages everyone to practice self-care in ways that feel right for you. Whether it's taking a peaceful walk along the beach or simply enjoying some quiet time with a good book, taking time for yourself is worthwhile.

Try cooking a wholesome meal with fresh, local ingredients or pamper yourself with a relaxing bath using natural products. If you're feeling stressed, deep breathing or meditation can work wonders.

Need more support? Don't wait – reach out to a mental health professional or call the Hawai'i CARES crisis line at 988 anytime, day or night.



## ENVIRONMENTAL HEALTH



With [dengue](#) and [Zika](#) virus cases once again making news in Hawai'i, the DOH Vector Control Branch (VCB) has been busy lately, working to reduce the risk of mosquito-borne diseases.

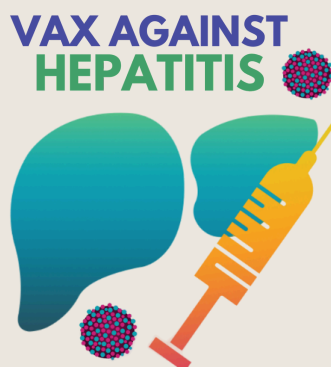
Mosquitoes need only small amounts of standing water to breed. Common breeding sites include buckets, water-catching plants (such as bromeliads), small containers, planters, rain barrels and even cups left outside. Pouring out containers of standing water can significantly reduce the potential for mosquito breeding.

VCB keeps disease-spreading pests in check with a combination of surveillance, education, and treatment methods. In emergencies, like disease outbreaks or natural disasters, VCB responds quickly to help contain and prevent the spread of illnesses.

To report a potential vector born disease concern or request assistance, call the VCB at **(808) 586-4708**.

[MORE INFORMATION](#)

## PUBLIC HEALTH



July 28 is World Hepatitis Day, a day to raise awareness about viral hepatitis and to take action to protect our health. In Hawai'i, hepatitis B is a serious concern, especially among Asian and Pacific Islander communities, where chronic infection rates are significantly higher than the national average.

The good news? Hepatitis B is preventable with a safe and effective vaccine.

DOH recommends the vaccine for:

- All infants
- Children and adolescents under 19
- All adults age 19 to 59
- Any person who requests the vaccine

If you or someone you know hasn't been vaccinated, now is the time to act. Visit [HepFree Hawai'i](#) to find local clinics offering vaccinations, which are covered by most insurance plans. Let's work together to make Hawai'i "Hep Free" by 2030. Get vaccinated, get tested, and get informed. Your liver will thank you!

HEPATITIS B

HEP FREE HAWAI'I

WORLD HEPATITIS DAY

## SHORT TAKES

### Little Ants, Big Problem



Little fire ants aren't just annoying, they're invasive! While not dangerous, the sting can be painful. Treat with a cold compress, or antihistamines. If you think you have these little insects, report it to the Hawai'i Ant Lab or the Hawai'i Department of Agriculture.

MORE INFORMATION

ABOUT LITTLE FIRE ANTS

HAWAI'I DOA



## EXTRA

### Worried about your child's development?

The DOH Early Intervention Section offers free services for infants and toddlers (birth to age 3) with developmental delays. Families can access speech therapy, physical therapy, and other support at no cost. Early help makes a big difference!

LEARN MORE

### Better Accessibility

The DOH Disability and Communication Access Board (DCAB) serves as a public advocate of persons with disabilities in our community by providing advice and recommendation on legislation, rules, policies, procedures and plans relating to persons with disabilities and their civil rights or service needs.

COMMUNITY RESOURCES

**\*Please note that our DOH Punchbowl offices will be closed on Friday, July 4, in observance of Independence Day.**

## INFORMATION HOTLINES

#### DOCD Disease Reporting Line

Assistance with an outbreak of cases  
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

*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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