



HEAT-RELATED HEALTH ADVISORY

High heat index levels are expected to continue during the dry season. As temperatures rise, health risks increase—from fatigue and cramps to heat exhaustion and heat stroke.

HEAT INDEX LEVELS (PAGASA)

-  **Caution:** 27°C–32°C
-  **Extreme Caution:** 33°C–41°C
-  **Danger:** 42°C–51°C
-  **Extreme Danger:** 52°C and above

WHO IS MOST AT RISK

Susceptibility to extreme heat depends on several factors:

-  **Personal factors:** older adults, children, pregnant individuals, people with chronic illnesses or disabilities
-  **Work exposure:** outdoor work or jobs involving heavy physical labor
-  **Living conditions:** poor ventilation, overcrowding, limited access to cooling
-  **Socioeconomic factors:** poverty, social isolation, limited access to healthcare
-  **Environmental factors:** urban heat, limited green spaces, air pollution
-  **Behavioral factors:** inadequate hydration, inappropriate clothing, low awareness of heat risks

WHY EXTREME HEAT MATTERS

A **heatwave** is a period of unusually high temperatures lasting several days and nights. Due to **climate change**, heatwaves are becoming more **frequent, longer, and more intense**.

- People in **tropical regions** experience ongoing heat exposure.
- Those in **mid- to high-latitude regions** are affected mainly during specific seasons. Even moderate heat can be dangerous — especially for vulnerable groups.

HEALTH EFFECTS OF EXTREME HEAT

Direct Effects

- Heat exhaustion and heat stroke
- Worsening of existing medical and mental health conditions
- Increased hospital admissions
- Death in severe cases

Indirect Effects

- Increased spread of certain diseases
- Strain on healthcare services
- Disruption of essential infrastructure and technology
- Environmental impacts such as droughts, fires, and poor air quality
- Higher risk of accidents due to fatigue and reduced alertness

KNOW THE WARNING SIGNS

Recognize the symptoms early using **H.E.A.T.S.I.C.K.:**

H



Heavy (unusual) sweating

E



Exhaustion or weakness

A



Air trouble (shortness of breath)

T



Throbbing head (headache)

S



Stomach upset (nausea)

I



Instability (dizziness)

C



Cramping (muscle cramps)

K



Knocked-down feeling

Seek medical attention if symptoms persist or worsen.

IF YOU FEEL UNWELL

- Move to a **cool or shaded place**
- Rest and **drink water slowly**
- Cool down with showers or cold compresses
- **Seek medical care immediately** if symptoms worsen
- **Call emergency services** for suspected heat stroke

PROTECT YOURSELF

- Stay indoors during peak heat hours
- Avoid direct sunlight; seek shade
- Limit strenuous activity
- Plan outdoor tasks early morning or late afternoon

KEEP YOUR HOME COOL



Close curtains or blinds during the day



Open windows at night when cooler



Use fans or air conditioning when possible



Minimize heat-producing appliances

Stay alert. Stay hydrated. Stay safe.

For heat-related concerns or medical assistance, consult your healthcare provider or visit the nearest medical facility.

References:

- <https://www.cdc.gov/heat-health/about/index.html>
- <https://newsinfo.inquirer.net/2208247/fwd-how-to-protect-yourself-from-high-heat-and-index-doh>
- <https://www.who.int/news-media/images/default-source/detail/climate-change-and-health>
- <https://cdn.who.int/media/images/default-source/infographics/heatwave-and-health>