Stay Safe in the Heat: 
Research and Response in Seattle’s International District and Rainier Valley Neighborhoods

Northwest Climate Change Conference
October 10, 2017
Awareness

• People recognized that extreme heat could cause dizziness and headaches
• Extreme heat viewed as discomfort rather than health hazard
• Did not know that prolonged exposure can be harmful
• Aware that some groups could be more impacted than others, particularly elderly
• Familiarity with heat in home countries
Some health conditions make it more difficult for your body to cool down.

I have diabetes, so I track my blood sugar levels closely on hot days.

Certain medications can make you more sensitive to heat.

Medications for:
- Heart/blood pressure
- Nausea
- Bladder/bowel control
- Parkinson's disease
- Seizures
- Allergies, colds & coughs
- Depression and psychosis
- Thyroid
- Weight loss
Barriers to Keeping Cool

- Lack of accessible, translated and trusted information
- Living in substandard housing, with bedrooms that may or may not have windows
- Safety concerns may prevent people from opening windows at night
- Lack of air conditioning – either can’t afford it or buildings can’t accommodate it
- Limited transportation to cooling center, health care appointment or community center, safety on buses
- Jobs that require long hours in hot settings
Heat stroke is very serious and can be deadly unless treated immediately. Watch for:
- Extremely high temperature
- Red, hot, and dry skin
- Rapid, strong heartbeat
- Mental confusion and unconsciousness

If someone has the symptoms of heat stroke, call 9-1-1! Move the person to a cooler place immediately.
Strategies

• Use fans inside, umbrellas outside
• Wear light clothing
• Drink cool drinks, water
• Boil sugar cane and drink when cool
• Apply cold lotion from the refrigerator
• Avoid hot drinks
• Stay indoors
• Take bus to casinos
• Drink herbal tea
• Eat soups with lotus leaves and seeds
Eat foods with a lot of water in them.

I have watermelon soup.

Shaved ice with fruit is my hot weather treat!

Play in fountains and sprinklers, go to the swimming pool, and stay in the shade.

I create my own shade.
Recommendations

• Use trusted sources to share information
• Use alternative methods of communication
• Ensure proper translation and culturally appropriate messaging
• Visual, brief content that reflects the community
Developing a Comic Zine

• Leveraged small budgets
• Built on past experience
• Partnered on message development
• Interviews informed content
• Tested translations with key partners
• Disseminated through trusted sources
• Actually evaluating!
Đảm bảo an toàn khi trời nóng

Một số người có nguy cơ mắc các bệnh về tim, đột quỵ và súy thân cao hơn khi trời nóng. Đây là các bệnh phổ biến nhất vào những ngày nóng bức!

Việc quen khí hậu nóng sẽ khó khăn hơn khi bạn 65 tuổi trở lên.

Làm việc ở ngoài trời càng khiến họ tăng gấp nguy cơ bị cảm sốt.

Hãy ăn các thực phẩm chứa nhiều nước.

Hãy đảm bảo an toàn cho gia đình và những người xung quanh bạn – những người dễ nhạy cảm với nhiệt độ.

KHÔNG BAO GIỚI để trẻ sơ sinh, trẻ nhỏ, hoặc người lớn trong một chiếc xe đạp, ngay cả với các cửa sổ đã được quây nắng. Không làm như vậy đã chứng明白 người! Xe tôi có thể nóng rất nhanh chỉ trong vài giây!

Để biết thêm thông tin: www.kingcounty.gov/beattheheat

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School of Public Health

Public Health
Seattle & King County
Other Recommendations

• “Hot Weather Shuttle”
• Increase frequency of bus routes
• Expand hours of “cooling centers”
• Consider climate change in park design
• One on one; face to face outreach
• Provide educational workshops
• Support cultural centers to act as cooling centers
Evaluation

Somali Health Board

Vietnamese Senior Association
Thank You!

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