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Letter to the Editor

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Heatwaves pose a significant and often underestimated threat to human health.^{1–3} The term “silent killers” emphasizes how heatwaves can lead to severe health outcomes, such as increased rates of mortality and morbidity, without the immediate and dramatic effects typically associated with other natural disasters such as hurricanes or earthquakes.³ These health consequences can quietly and gradually accumulate, making them less apparent to the general public, but equally lethal.⁴ This underscores the need for greater awareness and proactive measures to safeguard public health against the dangers presented by extreme heat.

Heatwaves are among the deadliest extreme weather events, directly causing significant increases in mortality and morbidity with far-reaching consequences on public health.⁵ Despite their severity, the health impacts of extreme temperatures are both preventable and avoidable.²

As our planet faces escalating heatwaves, the threat to human health becomes ever more pressing, highlighting the urgent need for effective interventions.⁴ Recognizing the severity of this issue, immediate and sustained actions are crucial to protecting our communities. Various societies have responded to the health effects of extreme heat by developing heat prevention plans and adaptation strategies.² While immediate response measures are essential, long-term strategies are equally important to mitigate the impact on vulnerable populations. Addressing socioeconomic disparities and social isolation can significantly enhance the resilience of those at high risk.^{5,6} By implementing comprehensive interventions targeting the root causes of vulnerability, we can strengthen societal resilience against rising temperatures.^{6,7}

Tackling the complex challenges associated with heat-related health issues requires a collaborative approach. Partnerships among academia, public health agencies, policy-makers, and community organizations are vital in pooling collective expertise and resources⁷. These collaborations facilitate the exchange of best practices and lessons learned from diverse regions.

There is a pressing need for tailored policies and actions aimed at protecting individuals and their assets. We must prioritize developing and implementing strategies that reduce vulnerability and enhance resilience and adaptation.⁶ An individualized approach is critical, as each person may respond differently to various threats. A thorough understanding of vulnerability, resilience, and adaptation is essential for creating effective policies and strategies. These should focus on safeguarding assets and providing support tailored to individuals' unique circumstances.⁵

In conclusion, the urgency to protect human health from extreme temperatures cannot be overstated. By prioritizing individualized actions, asset-based strategies, and person-centered approaches, we can build resilient communities and ensure a healthier future for all. Decisive policies and concerted actions are needed to safeguard individuals and their well-being. We possess the knowledge and means to prevent and mitigate the health impacts of extreme conditions.

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