ZURICH

Are Malaysians Ready for Extreme Heat?

Understanding El Niño, heat risk, and household preparedness

Start your readiness journey today!



What could El Niño, mean for Malaysia?

- El Niño is a recurring climate pattern associated with warmer-than-average sea surface temperatures in the central and eastern tropical Pacific.
- For Malaysia, El Niño periods can contribute to hotter and drier conditions, increasing the likelihood of prolonged heat, reduced rainfall and related impacts such as water stress and haze.
- Extreme heat can affect health, daily activities, productivity and household resilience, particularly when high temperatures persist over longer periods.

Malaysians are already concerned about the heat

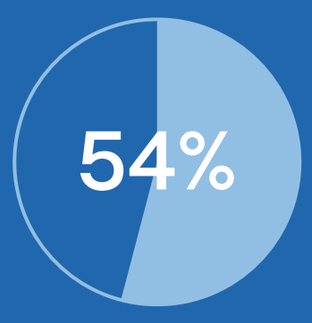
From Zurich Malaysia's Climate Resilience Survey of 1,100 Malaysians:

74%
are highly concerned about heatwaves

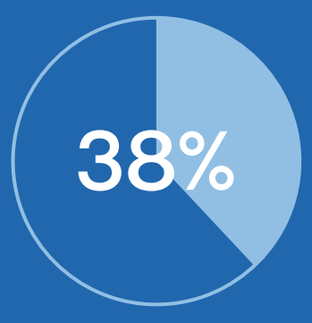
45%
rated their concern at 10 out of 10

58%
say their local communities have already been affected by severe climate events

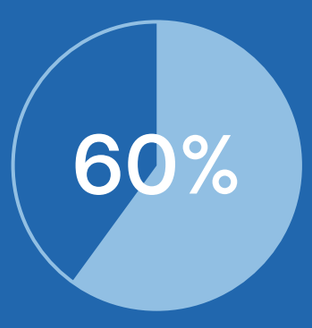
Concern is high. Are we prepared?



Do not feel adequately prepared for potential climate events



Face financial barriers when preparing for climate events



Reduced energy usage as part of their sustainability efforts

Staying prepared during the El Niño season

Stay hydrated
Drink water regularly, especially when outdoors

Keep indoor spaces cool
Improve airflow and use shaded areas where possible

Limit heat exposure
Avoid strenuous activity during the hottest hours

Plan outdoor activities
Schedule errands or exercise during cooler parts of the day

Know the warning signs
Watch for dizziness, headaches, and nausea

Check on vulnerable groups
Pay extra attention to older persons, young children, and those more sensitive to heat

For further insights into Zurich Malaysia's climate resilience initiatives, please visit zurich.com.my