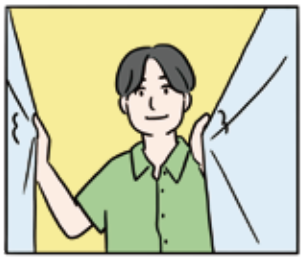
Preventing Heatstroke

Avoid the heat!

- ✓ Adjust the temperature frequently with an air conditioner, etc.

- ✓ Use of shading curtains, bamboo screens, and sprinkling water.



- ✓ When outdoors, use a parasol and wear a hat.

- ✓ On sunny days, stay in the shade and take a break frequently.

- ✓ Wear clothes that breathe well, absorb moisture and dry quickly.

- ✓ Use ice packs, ice, cold towels, etc. to cool your body.

When a "Heatstroke Alert" has been issued, avoid going outdoors whenever possible and avoid the heat.

Stay hydrated!

When indoors or outdoors, regularly take fluids even when you do not feel thirsty.

What is heatstroke?

"Heatstroke" refers to a condition in which body heat is trapped in the body due to poor body temperature regulation by sweating in a hot environment, and various symptoms may appear as a result. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work and in some cases sufferers may die from it. In order to prevent health problems caused by heatstroke, each individual should have a correct understanding of heatstroke, be aware of changes in their physical condition, and look out for those around them.

Information and resources site for heatstroke prevention

Ministry of Health, Labour and Welfare Preventing Heatstroke

https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryou/kenkou/nettyuu/nettyuu_taisaku/

You can also see it on your smartphone.

Heatstroke symptoms

- Dizziness
- Giddiness
- Slight yawning
- Profuse sweating
- Muscle ache
- Muscle cramps

When the symptoms progress…

- Headache
- Vomiting
- Lethargy
- Impaired judgment
- Loss of concentration
- Despondency

If the symptoms do not improve after first aid, please go to a medical institution.

If you come across people suspected of heatstroke
(Main first aid procedures)

✓ Take them to a cool place such as an air-conditioned room or shady spot with good ventilation.

✓ Loosen their clothes and cool their body.
(Around the neck, under the armpits, groin, etc.)

✓ Give oral rehydration solution*

* Drinking a large amount of oral rehydration solution at once may lead to an excessive sodium intake.
If you are being treated for kidney, heart or other diseases and your doctor has instructed you about intake of fluid, please follow their instructions.

If they are unable to drink by themselves, or if their response is not normal, call an ambulance right away!

People feel heat in different ways.

The way people feel heat depends on their physical condition on that day, whether they are used to heat, and other factors.Be mindful of changes in your physical condition.

Also prevent heatstroke indoors!

Even if you do not feel hot, check the room temperature and ambient temperature, and try to adjust the temperature with an air conditioner, etc.

Elderly people, children, and those with disabilities need to be especially kept an eye on!

Caution is necessary since elderly people are less able to sense the heat and a lack of fluids, and their body's ability to regulate heat is impaired. Also, children need to be kept an eye on since their body temperature adjustment functions are not fully developed yet.
In addition, for those with disabilities, it may be difficult to regulate their body temperature, they may not notice when they are thirsty, or they may not be able to take fluids by themselves so caregivers and people around them should be keep an eye on them.

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