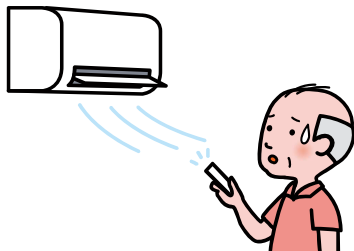


Preventing Heatstroke

Avoid the heat!

Adjust the temperature frequently with an air conditioner, etc.



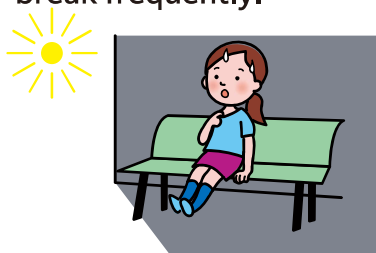
Use of shading curtains, bamboo screens, and sprinkling water.



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 and humid environment. 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

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

Ministry of Health, Labour and
Welfare Preventing Heatstroke



You can also see it
on your smartphone.

