

# 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 keep an eye on them.



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