

Be Careful Of Heat Stroke!

What is heat stroke?

Heat stroke is a condition that results from an imbalance in the body's balance of its salt and water levels where the body is unable to regulate its temperature well during hot or humid weather. Please note that you can become ill even when you are inside; it does not just affect those who are moving or working outdoors.

Symptoms

Mild

Dizziness, vertigo, muscle pain or soreness, excessive sweating

Mild to Severe

Headaches, feeling nauseated, feeling sluggishness

Severe

Unconsciousness, fever, lack of responsiveness, inability to walk straight

Preventing Heat Stroke is Important

How to help prevent heat stroke...



Drink Water

- When you feel thirsty, you are already dehydrated. Drink water constantly throughout the day.
- Drink water right before bed and when you wake up in the morning.
- Make sure to replenish your salt levels when you sweat a lot.



Use Air-Con, Shade Curtains, and Bamboo Screens

- Put a thermometer in your main room and check it regularly.
- Use an air conditioner and a fan together.
- Use curtains and screens to block the sun light.



Wear Appropriate Clothing & Make Use of Ice-Packs

- Choose clothing that breathes, absorbs moisture, and is quick drying. Use hats and sun-blocking umbrellas when going outside.
- Use showers and ice-packs to cool down.



Don't Believe That You Will 'Beat The Heat'

- Be extra alert when working outside.
- Wear clothing that breathes, absorbs moisture, and is quick drying. Use hats and sun-blocking umbrellas.
- Avoid going outside in the early afternoon on hot days.



If you think someone has heat stroke:

1. Move them to a cool place.
2. Remove excess clothes and cool their body down.
3. Replenish their water and salt levels.

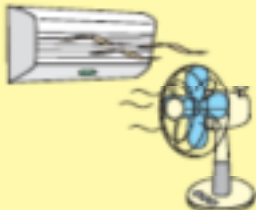




If they are unable to drink by themselves, or are unconscious, call an ambulance immediately. (TEL: 119)

Look Out For Small Children & The Elderly



- Small children cannot regulate their own body temperatures well. Keep an eye on them! Also, the ground can become very hot. Therefore the temperature is also hotter closer to the ground and small children are in an environment that is hotter than adults are in.
- The elderly tend to feel the heat strongly. It's difficult for them to control their body temperatures, even in normal weather, so it's easy for them to get heatstroke.

Let's check to see if you're preventing heat stroke!

<input type="checkbox"/> Drink plenty of water each day. 	<input type="checkbox"/> Using air-con and fans indoors. 	<input type="checkbox"/> Cool down with a shower or wet towel. 
<input type="checkbox"/> Measure room temperature. 	<input type="checkbox"/> Take it easy during hot weather. 	<input type="checkbox"/> Choose cool clothing. Wear a hat and use an umbrella when outside. 
<input type="checkbox"/> Let a breeze blow through your home. 	<input type="checkbox"/> Know contact information for an emergency. 	<input type="checkbox"/> Make use of cool buildings and places. 

Information on Heat Stroke

- Help to prevent heat stroke by taking the "Wet Bulb Globe Temperature" (WBGT) into consideration. WBGT is displayed on the Environment Ministry's page about preventing heat stroke.
<http://www.wbgt.env.go.jp/> (PC) <http://www.wbgt.env.go.jp/kt/index.php> (Mobile)
- **Information on heat stroke from Shimane Prefecture:**
http://www.pref.shimane.lg.jp/life/kenko/kenko/chouju_info/nettyusyo.html

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*This document was made in consideration of the Environment Ministry's "Have you ever thought about heat stroke?" and "Have you heard about heat stroke? Prevention and Coping Strategies?" [Japanese Only]

