

Informational Newsletter for English-Speaking Residents

Hiroshima NOW

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Heat Stroke Prevention

熱中症を予防しましょう 「ひろしま市民と市政」6月1日号



With the heat and humidity comes the increased risk of heat stroke. However, knowing what to look out for can help keep you and those you know safe this summer season.

INQUIRIES:

Public Health Promotion Division (*Kenkō Suishin Ka*) Tel. 082-504-2290

■ What is heat stroke?

Heat stroke is when the body's cooling mechanism no longer works and can no longer control its temperature. Being outside for long periods of time in the heat and humidity, or even indoors without proper ventilation, can cause symptoms to occur suddenly. Children and the elderly especially need to take precautions against heat stroke as their cooling mechanisms are generally weaker.

■ Signs and Symptoms

Indicators of heat stroke are dizziness, hot flashes, muscle cramps, numbness in hands and feet, headache, nausea, vomiting, extreme lethargy, high body temperature, syncope, brain fog, muscle spasms, etc.



■ Tips and Tricks

- Be sure to drink adequate amounts of water and replenish lost sodium
- Find a cool location
- Cool down using a fan
- Cool down the neck, underarms, or hip joint with a damp towel and/or cooling packs
- If symptoms become severe, call an ambulance immediately

■ Prevention methods

○ Staying hydrated!

By the time you start to feel thirsty, your body is already slightly dehydrated. To combat this, it's best to drink throughout the day. By just drinking water or tea alone you are unable to replenish your body's stores. If you find yourself sweating a lot, be sure to reach for ion drinks or sports drinks that contain sodium or electrolytes.

- **Stay in the shade and avoid direct exposure to the sun**

Heat stroke can occur anytime. When you are outside, stay in the shade using a hat or parasol. When you are indoors, use window shades to avoid direct exposure to the sun and use your air conditioner to stay cool.

- **Choose the right clothing**

Wear lightweight and loose-fitting clothing that can breathe well.

- **Maintain a healthy lifestyle**

Regular exercise is important for maintaining a healthy lifestyle and promotes sweating, which the body uses to cool itself. Your day-to-day physical condition affects your risk of heat stroke. If you feel unwell due to a lack of sleep, hangover, a cold, etc., be especially careful.