

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15日号 (P2)



Heat stroke is when the body's cooling mechanism no longer works and cannot 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. Knowing what to look out for can help keep you and those you know safe this summer season.

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☀️ Signs and Symptoms

- Dizziness
- Numbness in hands and feet
- Headache
- Nausea, vomiting
- Extreme lethargy
- Brain fog, muscle cramps, and others

☀️ Tips and Tricks

- Be sure to drink adequate amounts of water and replenish lost sodium.
- Find a cool location.
- 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

Stay 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 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

- When you are outside, stay in the shade using a hat or parasol.
- Avoid direct exposure to the sun.
- When you are indoors, use your air conditioner to stay cool and blinds to provide shade.

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.