

What you
should know



Beware of Heatstroke!

What's heatstroke?

Heatstroke occurs when your body's water and salt balance is disrupted by high temperatures and high humidity. You need to be especially careful on days when it suddenly becomes hot or when you exert yourself in a hot environment for the first time in a while, because your body is not yet used to adjusting to the ambient temperature. In fact, an increasing number of people suffer from heatstroke in such situations.

To prevent heatstroke:

- When indoors, use the air conditioner or fan to keep cool. Closing the curtain is also effective in shutting out the heat.
- When outdoors, dress coolly as much as possible and use a parasol or hat to protect yourself from direct sunlight.



Major symptoms of heatstroke

Mild	<input checked="" type="checkbox"/> Dizziness	<input checked="" type="checkbox"/> Lightheadedness
	<input checked="" type="checkbox"/> Muscle pain	<input checked="" type="checkbox"/> Non-stop sweating
Moderate	<input checked="" type="checkbox"/> Headache	<input checked="" type="checkbox"/> Nausea
	<input checked="" type="checkbox"/> Fatigue (malaise)	<input checked="" type="checkbox"/> Lack of strength (lethargy)
Severe	<input checked="" type="checkbox"/> Unconsciousness	<input checked="" type="checkbox"/> Convulsion
	<input checked="" type="checkbox"/> High body temperature	<input checked="" type="checkbox"/> Inability to walk straight
	<input checked="" type="checkbox"/> Incoherent response to calls	

- Take in fluids and salt. Make it a habit to take sips of fluids frequently before you feel thirsty.

What to do if you suspect heatstroke

If you show signs of heatstroke, move to a cool place, loosen your clothes, and cool your body. Hydrate yourself with water, salt, or an oral rehydration solution (water mixed with table salt and glucose, sold in drugstores). If you are unable to drink the water by yourself, or if someone who is suspected of heatstroke is unconscious, call the ambulance and immediately seek medical attention at a hospital.

Heatstroke alert

A heatstroke alert is issued when the risk of heatstroke is predicted to be extremely high on a particular day. The alert is issued in the evening before or the early morning of that day by each relevant local government. The information is provided via the TV, community wireless systems, and social media.

When a heatstroke alert is issued, take precautions such as refraining from going outside as much as possible.

Check the heat stress index for the risk level of heatstroke.

<https://www.wbgt.env.go.jp/>

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