



# Health Information

## ~How to Prevent Heat illness~

The hot days continue. The news about heatstroke warning is also flowing almost every day. We saw heat illness cases in our health service center almost everyday. Please understand the nature of this illness and take precautions to prevent it.

### Heat illness

“Heat illness” refers to a state where the balance of water and salt in a person’s body is gradually broken, thermoregulation fails to function properly, and heat is accumulated in the body, due to being in a high temperature and high humidity environment for a long time. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work. Heat illness victims may be taken to hospital by ambulance and in some cases die from it.

### Symptoms of heat illness

- Dizziness, burning cheeks, muscle aches, nausea, fatigue, hyperthermia and paridrosis (abnormal amount of sweating or lack of sweating).
- In severe cases, the person can suffer loss of consciousness.



### Methods of preventing heat illness

#### Avoid the heat!

- Use electric fans or air conditioners to carefully adjust the temperature.
- Use shading curtains.
- Wear clothes that breathe well, absorb moisture and dry quickly.
- When outdoors, use a parasol and wear a hat.
- Stay in the shade and take a break frequently.
- Use ice pack, cold towels, etc. to cool your body.
- When a “Heat Stroke Alert” has been issued, avoid going outdoors whenever possible and avoid the heat.

#### Stay hydrated!

- When indoors or outdoors, regularly intake water and salt, etc., even when you do not feel thirsty.



Websites related to information on heat strokes

Keyword search :

Heat strokes, Ministry of Health, Labour and Welfare

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Heat strokes Ministry of Environment

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