



# Health Information

## ~How to Prevent Heat illness~

Given the right conditions, heatstroke can happen to anyone, anywhere, at any time, but you can avoid heatstroke by knowing the correct preventive measures and regularly paying attention. For example, you need to take special caution in the early summer, rainy season, and the beginning of autumn, when the temperature can suddenly rise and your body is not accustomed to the heat. Don't do too much and let your body gradually adjust.

### 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.

#### Build a strong body!

- Eat balanced meals, sleep well, and build a strong body. It is important to manage your physical condition to make your body resistant to heatstroke.



Information and resources site for heatstroke prevention

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