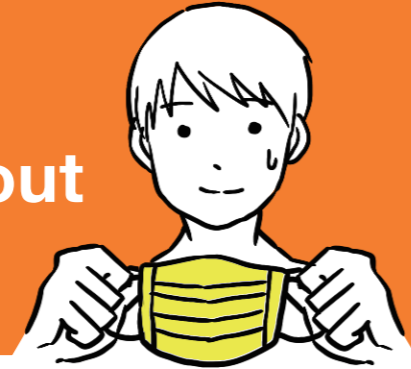


Protect yourself from **HEATWAVE**

You can start now
even under the life
with corona.

Precaution for Heatstroke 2020 version Prevent Heatstroke and Coronavirus Infection

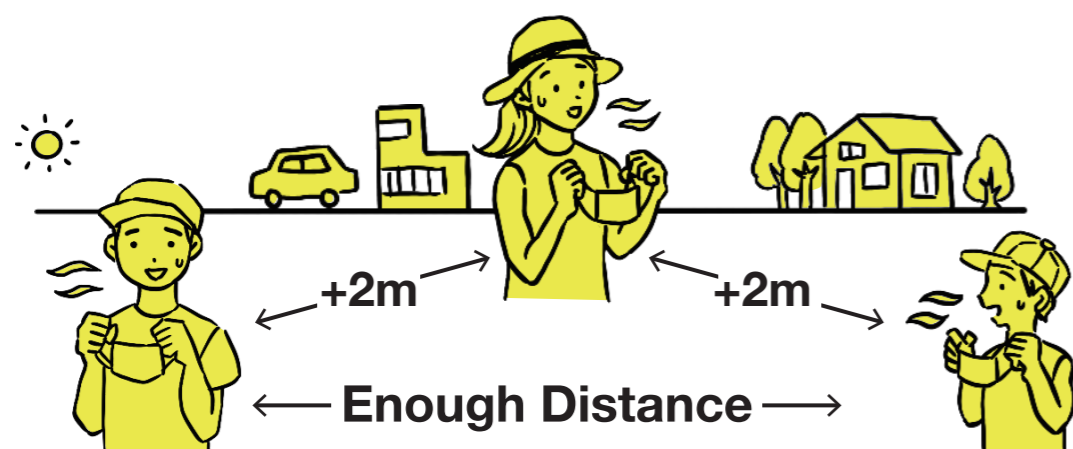
Take off your mask
if you are worried about
heatstroke.



! Wearing a mask can increase the risk of heatstroke

Wearing a mask is effective for preventing the spread of coronavirus but it could increase the temperature around your mouth by 3°C. You can also get dehydrated without noticing, making body difficult to control its temperature.

Points to care when taking off a mask



Take off the mask outside and make sure there is enough distance between each other.

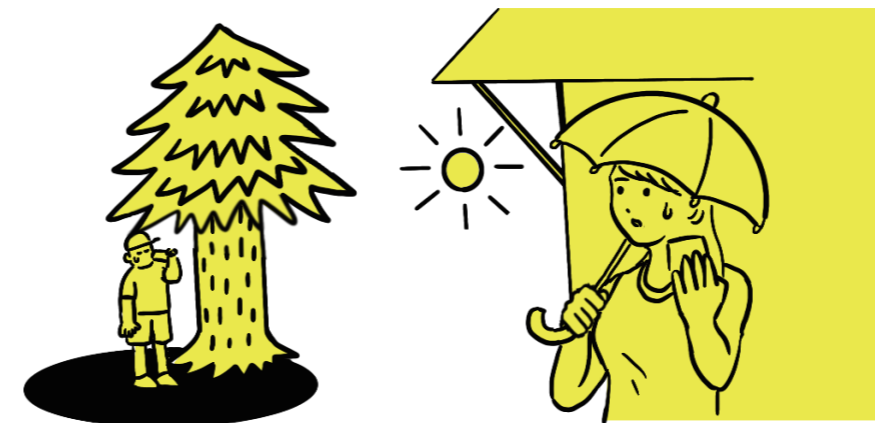
Points to care when putting on a mask

- Avoid heavy exercise
- Drink water even if you are not thirsty
- Take extra care when temperature and humidity are high



Avoid Heat

- Wear a cool-down clothing and a hat. Use a parasol as well.
- move to the cooler area as soon as you feel unwell.
- If you can't find anywhere to go in, find the shadow.



Drink Water Frequently

You might be dehydrating without noticing. Make sure to drink water even if you are not thirsty.

- Drink 1.2liters of water everyday



A cup of water for every hour

Drink water first thing in the morning. Before and after bath is also important.



2.5 x Bottled Water (500ml)
About 6 cups of water

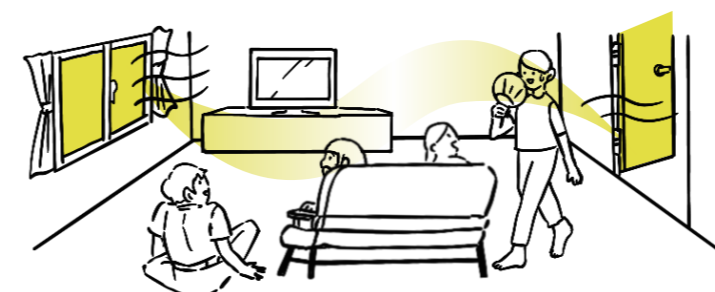


Salt is also important if you sweat heavily

Ventilate the air frequently when people are gathering

! Usual air conditioning doesn't ventilate the air. It only circulates it.

- Open 2 areas (windows and/or doors)
- Use an air conditioning and a fan at the same time
- Set the temperature of air conditioning after the ventilation



Manage Your Daily Health

The potential of having heatstroke might be higher when you are use to spend more time at home as your body is not use to heat.

- Do moderate exercise but do not over do it. (Ideally everyday for 30min under 'slightly hot environment' with 'slight intensity')



Don't forget to drink water!

- Do the routine health check and body temperature measurement.
- Stay at home if you are feeling unwell

Protect yourself from HEATWAVE

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Precaution for Heatstroke 2020 version Know the Emergency Treatment for Heatstroke

Emergency Treatment for Heatstroke

Step 1 : Do you see any heatstroke symptoms ?

dizziness, faintness, muscle pain, stiff muscle, over sweating, headache, discomfort, nausea, vomiting, feebleness, despondency, consciousness disorder, spasm, movement disorder of hands or legs, high temperature

YES ▼

Step 2 : Does that person respond to your voice?

YES ▼

Move the person to the cooler place and cool down the body

Step 3 : Can that person drink water by him or herself?

YES ▼

Provide water and/or salt

If that person is over sweating then provide one of the following:
sports drink that contains salt / oral rehydration solution / salty water.



Step 4 : Do you see any recovery?

YES ▼

Rest thoroughly and go back home once fully recovered.

NO

Call an ambulance immediately

Do the emergency treatment while waiting for an ambulance. Do not forcefully make him or her drink if he or she is not responding to you.

NO

Move the person to the cooler place and loosen clothes to cool down the body

If there is ice bags, put them around person's neck, armpit, base of thigh to cool down the body temperature.



Go to the hospital with the patient.

Explain the situation to the medical staff (how it happened, when it happened etc)



First treatment is the most important treatment. If you sense or see any symptoms of heatstroke then be calm, check the situation and treat the person correctly.



No Need to Endure Heat

Nobody can't stand against heat no matter how tough that person is.

Never-give-up spirit is unnecessary for heat.

Don't force people to endure it either. Especially for school kids and people who have to work outside.

Difference between Heatstroke and Corona Infection

The symptoms of heatstroke and corona infection are similar.

Know the difference of symptoms and if you suspect the Corona Infection then contact Coronavirus Consultation Centre or medical organization and seek correct diagnosis.

Similarity

- **Having high temperature**
If the body temperature re-rises even after taking oral rehydration solution then that person could potentially be infected by coronavirus.
- **Headache** • **Tiredness, Feebleness, Nausea**
- **Muscle or Joint pain**

Difference

Taste Disorder / Smell Disturbance / Respiratory Symptom (dyspnea, coughing)
Above is typical symptoms of coronavirus infection. Spasm or dizziness can be seen for heatstroke but not so common for coronavirus infection.

Source: Ministry of Environment "Health Care Manual for Heatstroke 2018"

Source for illustration: BLUE MOMENT © Kana Ozawa, Kentaro Araki

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Precaution for Heatstroke 2020 version

Watch Outs for Elderlies and Infants

Important Points for Elderlies



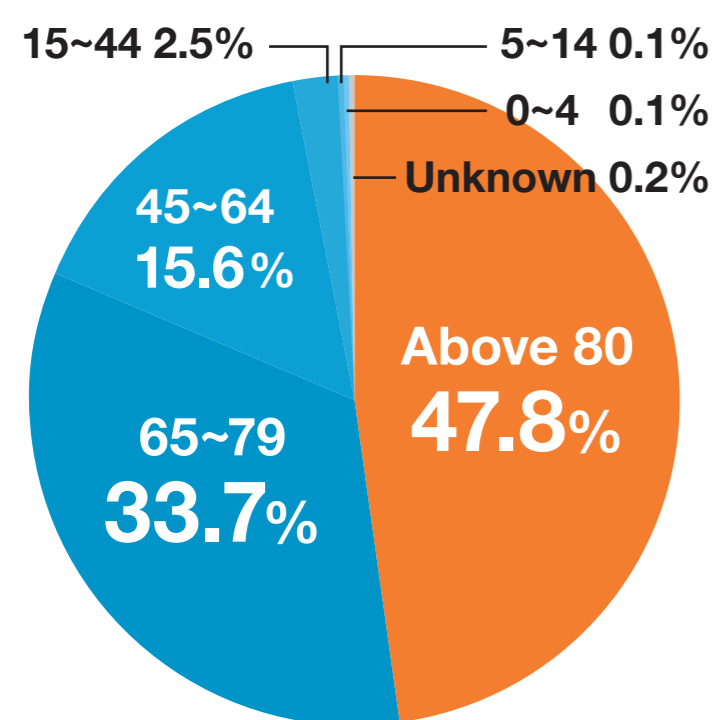
Elderlies are less sensitive to thirst and tend to be the victims of heatstroke. They need to be extra careful when the temperature is high.

- Drink water even if they are not thirsty.
- Frequently check the room temperature.
- Always be aware of body and room condition.

About **80%** of people who died of heatstroke are **Elderlies**.

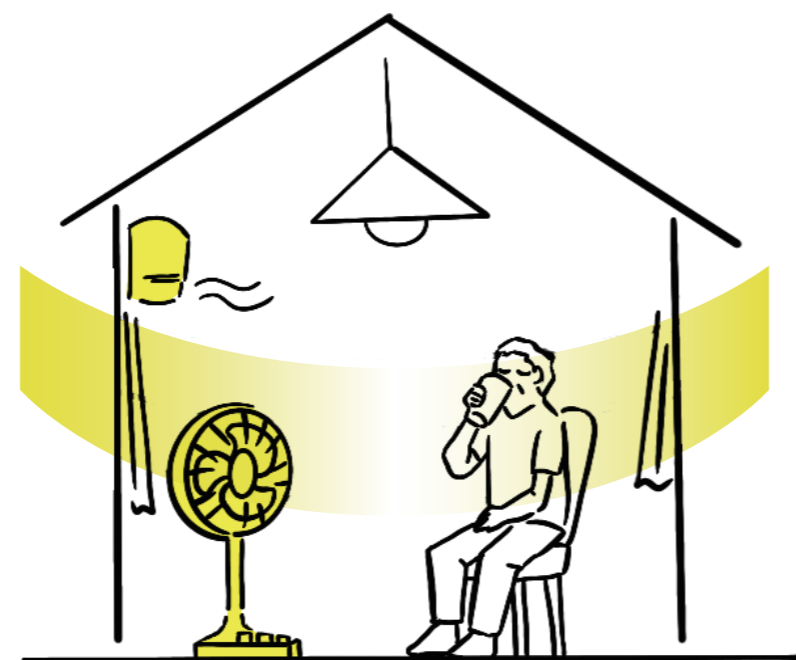
Over half of Elderlies' heatstroke happens at home.

Age / Death rate of Heatstroke



Source: Ministry of Health, Labour and Welfare
'Vital Statistics of Population Number of Death caused by Heatstroke'

Cool down the room at all times.



Utilize air conditioner and fans

Important Points for infants

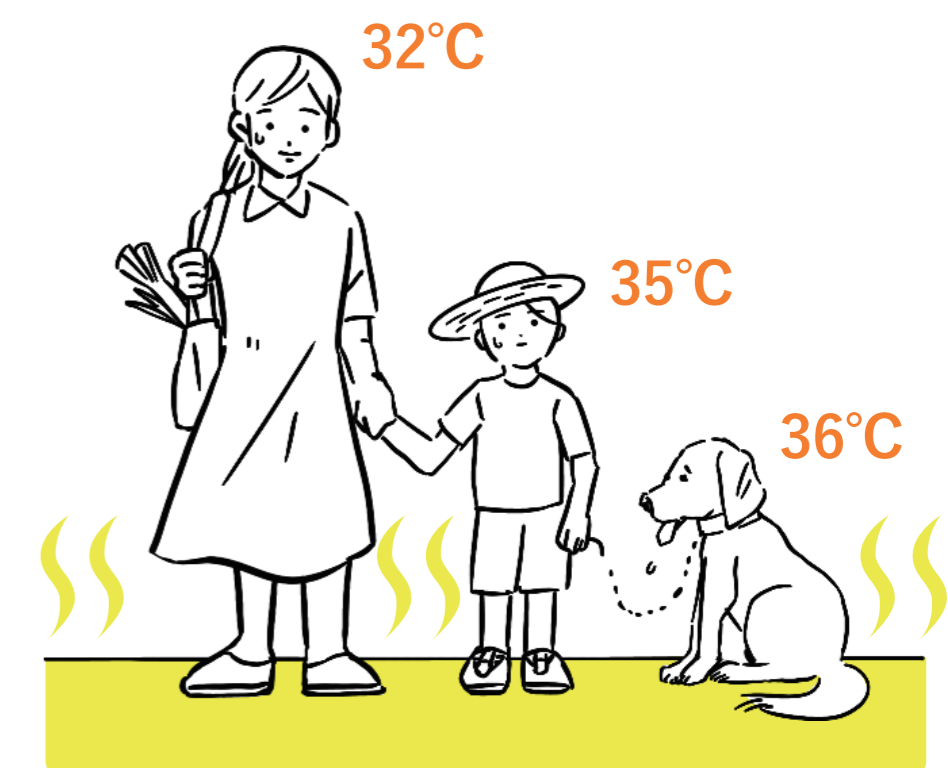


Infants cannot communicate well about their body condition and the indication of 'Tired' or 'Sleepy' could be the sign of heatstroke. Watch the infants carefully and communicate frequently.

- Put on / Take off a mask and communicate**
Put on and take off a mask appropriately and make sure infants can communicate. *Wearing a mask could be dangerous for infants, especially the ones who are under the age of 2.
- Be aware of face color and how infants sweat**
If the infants face is red and heavily sweating, please rest them under the cooler place.
- Drink water appropriately in everyday life**
Make the habit of drinking water when infants are feeling thirsty.
- Dress appropriately and Play appropriately**

Temperature is higher when you are closer to the ground. Infants/Kids are shorter than adults, making them more vulnerable to heat.

*Weather Forecast's temperature is based on 1.25~2.0m above the ground.



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Precaution for Heatstroke 2020 version

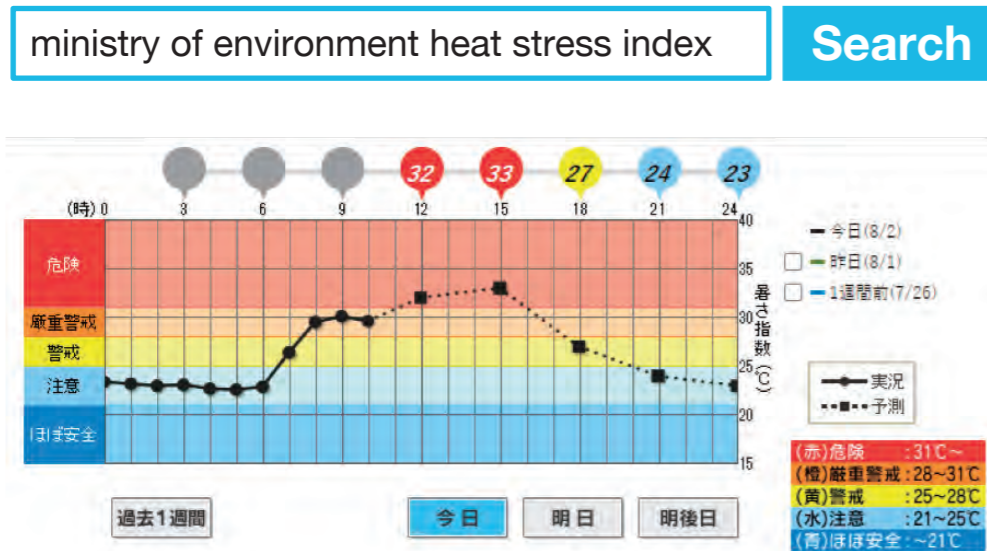
Check the Heat Illness Information

The number of death caused by heatstroke rises when the temperature is **30°C and above**. **35°C or higher** is especially dangerous. Utilize the heat illness information well to prevent heatstroke.

Check the Heat Stress Index

Heat Stress Index indicates the danger of heatstroke and is calculated by humidity, thermal environment based on insolation/radiation and temperature.

*Unit is shown as °C but this is different from temperature

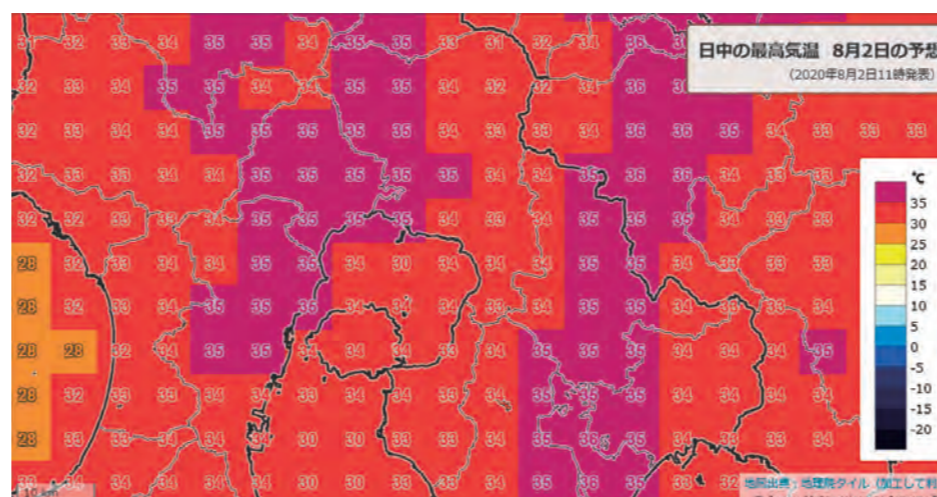


Source: Ministry of Environment Website

Heat Stress Index	Level	Cautions	Temperature (Reference)
31°C ~	Danger	No sports allowed. Do not go outside unless it is necessary and stay in a cooler room.	35°C ~
28~31°C	Sever Warning	No heavy exercise / sports is allowed. Avoid blazing sun and be cautious of room temperature.	31~35°C
25~28°C	Warning	Proactively take a rest while doing heavy exercise or outdoor work	28~31°C
21~25°C	Caution	Proactively drink water and take salt.	24~28°C
~21°C	Almost Safe	Drink water and take salt appropriately.	Below 24°C

Know the temperature from now

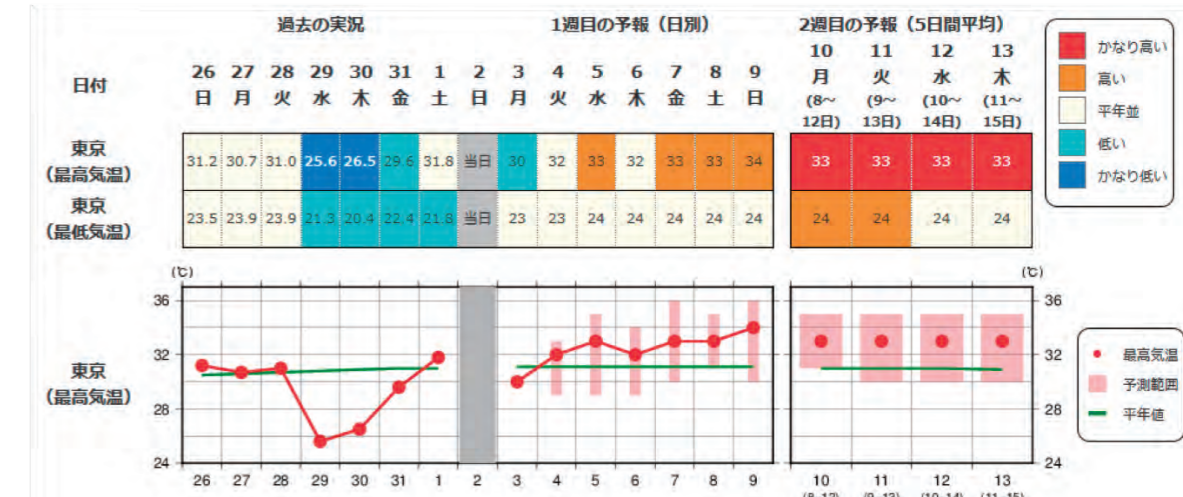
JMA Distribution/ Three-hourly Forecasts



Check today's and tomorrow's highest and lowest as well as 3 hourly temperature

Know the temperature of coming weeks

JMA Two-week temperature forecast



Check the temperature forecast for next two weeks

Source: Japan Meteorological Agency website

What is Heat Illness Alert?

The alert goes off when the heat stress index goes 33°C or above to warn citizens about heatstroke.

*Trial happening in Kanto and Koshin area.

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Precaution for Heatstroke 2020 version Heatstroke Prevention during Evacuation

How to Prevent Heatstroke at an Evacuation Shelter

Some evacuation shelters don't have a ventilation or an air conditioning facility. Let's take action to protect yourself from heat.



- Regularly drink water
- Go to toilet if you need to. Do not endure it.
- Choose and wear cool-down clothing
- Cool down your body with an ice bag, a cold towel or an ice pack

Drink up a bottled water within a day

People drink bottled water while at an evacuation shelter. The top part of the bottle tends to be the hotbed for bacteria because of your saliva. Let's drink bottled water within a day to avoid health damage.



Drink within a day

How to Use a Mask at an Evacuation Shelter

- Wear a mask if you cannot distant yourself from the others
- If you struggle to breathe then go outside and take off your mask
- Minimize the conversation if you are not wearing a mask



The Risk of Sleeping in a Vehicle

The risk of having heatstroke is extremely high when you sleep in a vehicle during summer. You should avoid sleeping in a vehicle however if this is unavoidable, then please use air conditioning and drink water frequently.

Caution Points

- Always turn on the air conditioning otherwise temperature rises rapidly
- Pay special attention if you are with elderly and/or infants
- Find shades for parking



What to Prepare

- Water (oral rehydration solution)
- Jelly (Emergency food for hydration)
- Salt Tablets
- Hat, UV protection clothing etc

