



STOP

STOP! Heat Stroke

Heatstroke × Coronavirus Prevention

At Gifu, it is very hot and humid in Summer



Heat stroke occurs when the thermoregulatory system, the system that regulates body temperature, does not work.

Risk of heatstroke increases with mask use. Because it is more difficult for heat to escape from the skin when wearing a mask.

• Avoid intensive exercise when wearing a mask.

• Remove your mask to prevent heatstroke when you are at least 2 meters away from others in an outdoor setting.

It's okay to leave the air conditioner on even when letting in fresh air.

- Open both a window and a door.
- Use a mechanical fan or a ventilation fan.
- Reset the air conditioner temperature after letting in fresh air.

Be careful with your physical condition.

- Don't push yourself too hard when you're feeling unwell such as due to lack of sleep or a hangover.
- Check your health daily, for instance, by measuring your body temperature.

You are less likely to feel thirsty when wearing a mask. Therefore, be sure to stay hydrated even if you aren't thirsty.

• Drink at least one cup of water every hour. Don't forget to hydrate before and after a bath and after you wake up.

• When you sweat a lot, replenish the salt in your body. Please use around 0.1–0.2% salt solutions or sports drinks. When exercising for more than one hour, at least 500ml of liquid intake is required in each before, mid, and after exercise.

To dress lightly as possible, avoid direct sunlight with hat.

- Breathable material like cotton and linen is rerecommend.
- Avoid exposure to direct sunlight by using a hat or a sun umbrella.
- Be extra careful when the temperature and humidity are high.

● What should we do when suspecting heat stroke ?

Severity	Class I	Class II	Class III (Very severe)
Symptoms	Dizziness Muscle cramps Muscle pain	Malaise, Vertigo Nausea and vomiting Diarrhea, Headache Rise in body temperature	High fever up (axillary temperature over 38°C) Convulsions, Unconsciousness Unsteady steps, Fall down, Inability to rise Slow response to the call, etc
How to deal with	Give a cold sports drink. If someone cannot drink due to nausea, take the person to a hospital.	Take the person to a hospital immediately. Intravenous treatment will be needed.	Call an ambulance immediately
	Move to a cool place. Make the person rest.		
	Cool the body with cold plastic bottles, ice, and wet towels.		
	Cool his/her neck, armpits, and inguinal region near the large blood vessels by using ice or an ice pack.		
	If the symptoms do not improve or worsen, take the person to a hospital.		※Do not make an unconscious person drink water.