



Let's prevent heat stroke



Please wear a mask even after vaccination.

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

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

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

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



★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.

Ventilation is effective in preventing infectious diseases and heat stroke.

Be careful with your physical condition and dress.

★Use a mechanical fan or a ventilation fan.

★Avoid sleep deprivation and irregular life.★Breathable material is rerecommend.

★When the temperature tends to rise due to ventilation reset the air conditioner temperature.

● 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
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.