



It is not only in the middle of summer!

Measures to prevent heat stroke begin in spring.

When one hears the term heat stroke, one imagines it occurring frequently in hot summers. However, the period from May to June also sees an unexpectedly high number of cases, when it gradually gets hotter.

It is difficult to realize the fact that you have not had enough water.

By the time you feel thirsty, your body has already lost a lot of water. It is important to **drink a glass of water** (150-200 ml) at regular intervals **8 times a day** before you start feeling thirsty.

It is important to replenish sodium levels with edibles like salty hard candies!



Heat stroke can even occur indoors!

Unlike sunstroke, **heat stroke can also occur indoors**; therefore, it is recommended to either keep the curtains drawn and reduce the room temperature **by blocking direct sunlight**, or open the windows and **allow air to circulate through the room**.

You can adjust your attire, such as loosen the collar.



An increase in humidity increases the risk.

One reason for the sudden increase in the risk of heat stroke in spring is **increased humidity**. When humidity is high, **sweat does not evaporate from the skin**, making it difficult for the body to release heat and thus leading to the onset of heat stroke.

Use the dry function of air conditioners and dehumidifiers.

