Be careful with heat stroke.

英語

Heatstroke is a condition that occurs to your body when you are exposed to an environment with high air temperature, high humidity, strong sunlight, etc. around each summer.

Heatstroke causes dizziness and/or heavy sweating. You may feel exhausted, headache and/or nauseous. In severe cases, loss of consciousness and convulsion may occur.

Small children, elderly people and people with underlying conditions need to be more careful, as they are more vulnerable to heatstroke.

Avoid heat. Don't go out during the hottest hours and minimize activities to avoid straining yourself. If you feel unusual, even if it is a slight difference, move yourself to a cool place and drink water.

Take off your mask, if necessary. Please note that wearing a mask in a place with a high temperature and humidity raises the risk of heatstroke. When enough social distancing (2 meters or more) is obtained outside, take off your mask.

Drink water often before you feel thirsty. Take fluids with salt such as sports drinks when you sweat a lot.

Take care of your health every day. Don't strain yourself and rest at home when you feel unwell.