

# Preventing Heat Illness

## Avoid the heat

### When indoors...

- ▶ Use electric fans or air conditioners to adjust the temperature
- ▶ Use shading curtains, bamboo screens, and sprinkle water
- ▶ Check your room temperature regularly
- ▶ Refer to the WBGT value\*

### When outdoors...

- ▶ Use a parasol and wear a hat
- ▶ Stay in the shade and take a break regularly
- ▶ On sunny days, try to avoid going outdoors in daytime

### To prevent your body from accumulating heat

- ▶ Wear clothes that breathe well, absorb moisture, and dry quickly
- ▶ Use ice packs, ice, cold towels, etc. to cool your body

\*WBGT value: An index calculated based on the temperature, humidity, and radiant heat. Reference values are provided according to the level of exercise or work. Observed values and predicted values are indicated on the Ministry of the Environment's website (Heat Illness Prevention Information website).

## Stay hydrated

When indoors or outdoors, regularly intake water and salt or drink an oral rehydration solution\* even when you do not feel thirsty

\*Water with salt and glucose dissolved into it

"Heat illness" refers to a state where the balance of water and salt in a person's body is gradually broken, thermoregulation fails to function properly, and heat is accumulated in the body, due to being in a high-temperature and high-humidity environment for a long time. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work. Heat illness victims may be taken to hospital by ambulance and in some cases die from it.

In order to prevent health problems caused by heat illness, each individual should have a correct understanding of heat illnesses, be aware of changes in their physical condition, and look out for those around them.



### Heat illness symptoms

- Dizziness, giddiness, numbness in limbs, muscle cramp, feeling unwell
- Headache, nausea, vomiting, dullness, despondency, different from usual

In serious cases:

- Response is not normal, unconsciousness, convulsion, body is hot

# If you come across people suspected of heat illness

## Take them to a cool place

Take them to a cool place such as an air-conditioned room or shady spot with good ventilation

## Cool their body

Loosen their clothes and cool their body  
(Especially around the neck, under the armpits, groins, etc.)



## Hydration

Give them water, salt, oral rehydration solution\*, etc.

\*Water with salt and glucose dissolved into it

**If they are unable to drink themselves or unconscious,  
call an ambulance right away!**

## <Reminders>

### People feel heat in different ways

The way people feel heat depends on their physical condition on that day, whether they are used to heat, and other factors. Be mindful of changes in your physical condition.

### Elderly people, children, and those with disabilities need to be especially kept an eye on

- Half of heat illness patients are elderly people aged 65 or above. Caution is necessary since elderly people are less able to
- Children need to be kept an eye on since their body temperature adjustment functions are not fully developed yet.
- Hydrate yourself regularly even if you do not feel thirsty. Even if you do not feel hot, measure the room temperature and ambient temperature and try to adjust the temperature using electric fans and air conditioners.

### Do not forget to take preventive measures against heat illness by being too conscious of saving power

On days when the temperature and humidity are high, do not try too hard to save power but use electric fans and air conditioners in moderation.

## Visit the following websites for heat illness-related information

### ▷ **Ministry of Health, Labour and Welfare**

Heat illness-related information [introduction of measures, Heat Illness Prevention Leaflet, Guidelines for Medical Care for Heat Illness, etc.]

[http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/kenkou/nettyuu/](http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/nettyuu/)

“Let’s drink water to keep healthy” campaign

<http://www.mhlw.go.jp/topics/bukyoku/kenkou/suido/nomou/>

STOP! Heat Illness Cool Work Campaign [preventive measures against heat illness in the workplace]

<http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000116133.html>

### ▷ **Ministry of the Environment**

Heat Illness Prevention Information [heat index (WBGT) forecasts, Environmental Health Manual on Heat Illnesses, Heat Illness Prevention Leaflet, etc.]

<http://www.wbgt.env.go.jp/>

### ▷ **Japan Meteorological Agency**

Protecting yourself from heat illness [temperature forecast information, weather forecasts, etc.]

<http://www.jma.go.jp/jma/kishou/known/kurashi/netsu.html>

Early Warning Information on Extreme Weather

<http://www.jma.go.jp/jp/soukei/>

### ▷ **Fire and Disaster Management Agency**

Heat illness information [situation concerning heat illness victims taken to hospital by ambulance, etc.]

[http://www.fdma.go.jp/neuter/topics/fieldList9\\_2.html](http://www.fdma.go.jp/neuter/topics/fieldList9_2.html)

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For details, please see the Ministry of Health, Labour and Welfare’s “Heat illness-related information” website.

Ministry of Health, Labour and Welfare Heat Illness

Search



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