

Heat Illness Countermeasures for the Elderly

Hydration and avoidance of heat are important in preventing heat illness.



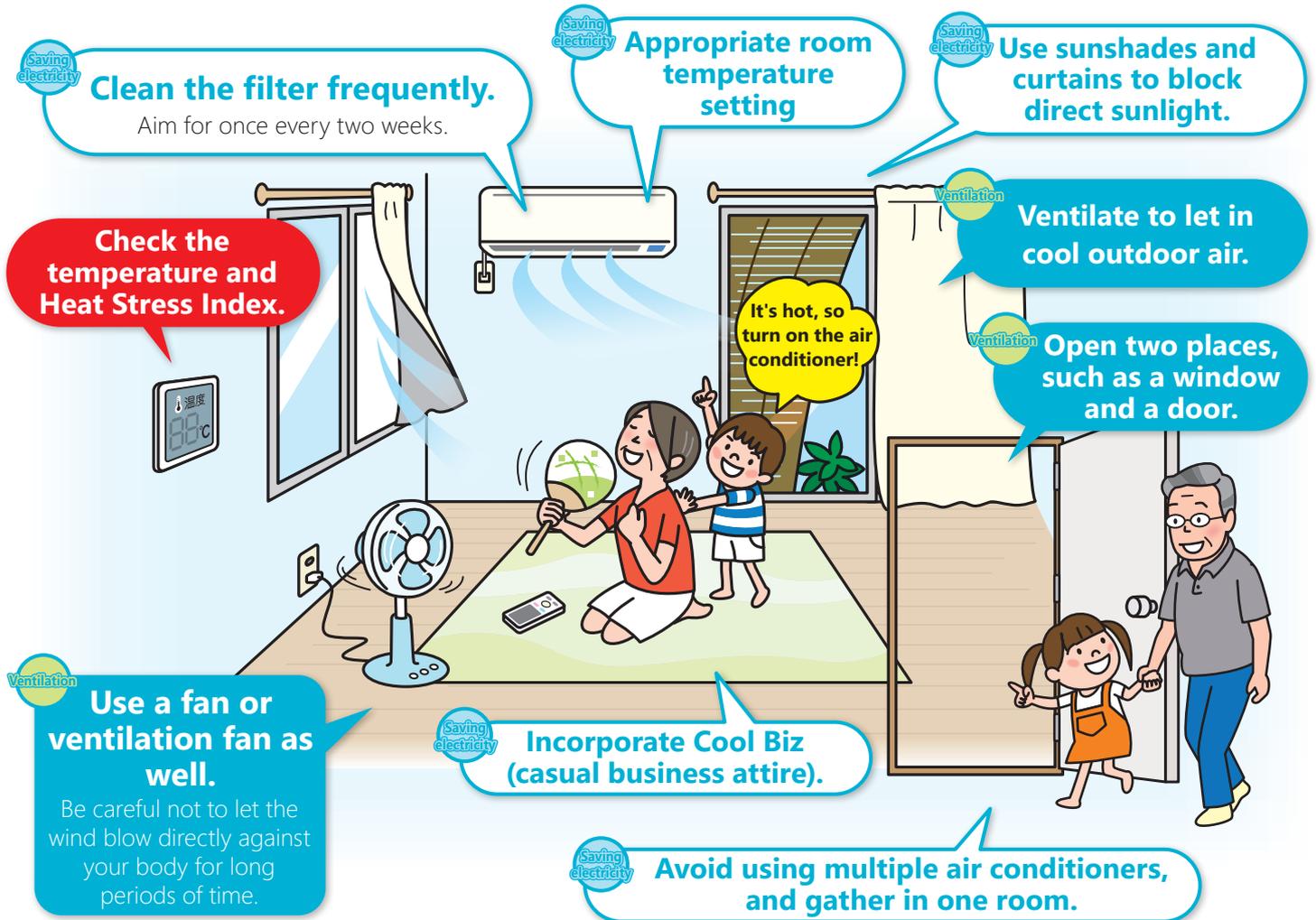
Be careful even within the room.

Use your **air conditioner** well.

Heat illness is common indoors and at night as well.

Use air conditioning appropriately in consideration of **saving electricity**.

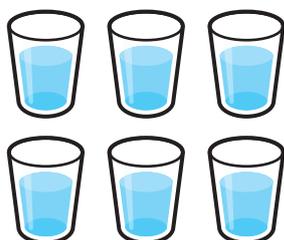
Also, **ventilate** the room frequently while the air conditioner is in use.



In addition → Points to be aware of

Even if you are not thirsty, **replenish water and salt frequently**

Aim for
1.2L (liters)
per day



About 6 glasses

- 1 glass every hour
- Replenish water and salt before and after bathing and after waking up.



***Follow your doctor's instructions for fluid and salt intake.**

! Elderly people should be especially careful.

1 Insufficient water in the body is common.

The elderly have less water in their bodies than younger people and require more urine to excrete bodily waste.

2 Sensory function to heat is reduced.

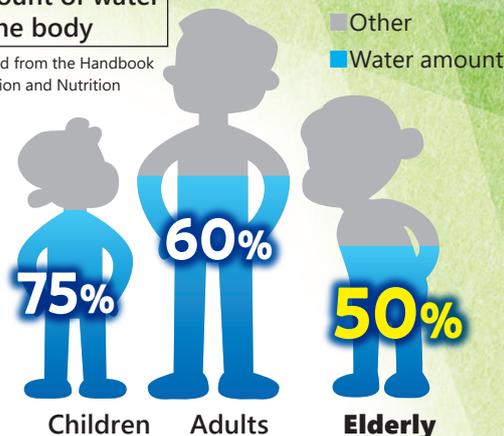
Aging dulls the senses to heat and thirst.

3 The body's ability to regulate itself against heat is reduced.

Elderly people tend to accumulate heat in their bodies, which places a greater burden on the circulatory system than younger people when it is hot.

Amount of water in the body

Prepared from the Handbook of Infusion and Nutrition



*People with heart or kidney problems or chronic illnesses should consult their physician.

• Heat illness fatalities in Tokyo's 23 wards (summer 2021)

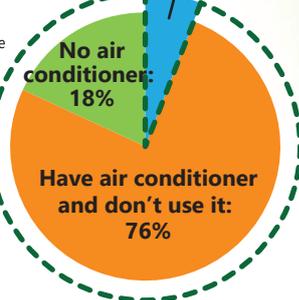
*Total of 39 people (preliminary figures)

By air conditioner installation and use

Source: Tokyo Medical Examiner's Office

- Has air conditioner and uses it
- Has air conditioner and does not use it
- No air conditioner

Have air conditioner and use it: 6%

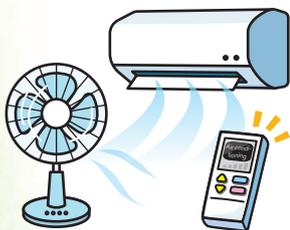


About **80%** are elderly people aged 65 or older

Of all indoor deaths, about **90%** did not use air conditioners.

Check to see if preventive measures are in place

Good use of air conditioners and fans



Measure the room temperature



The room is well ventilated



Replenish water and salt frequently



Cool yourself in the shower or with a towel



Don't overdo it when it's hot



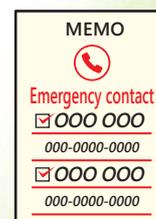
Wear cool clothing, a parasol and a hat when out and about.



Make use of cool places and facilities



Confirm who to contact in case of emergencies or problems



Heat Illness Prevention Information site

Check information from the Ministry of the Environment's Heat Illness Prevention Information Website! ▶▶ <https://www.wbgt.env.go.jp/>

The Ministry of the Environment provides information on the Heat Stress Index (WBGT). Be sure to sign up for Heat Stroke Alert and Heat Stress Index emails, which have been distributed nationwide since 2021.

The Heat Stroke Alert can be found on the Ministry of the Environment's official LINE account. →



Click here to add as a friend