



# Heat illness is on the rise

## Key points for prevention



### Use the Heat Stroke Alert

#### When an alert is in place,

- Replenish fluid and salt before you become thirsty
- Use the air conditioner appropriately
- Check up on the elderly
- Avoid going out unnecessarily
- In principle, cancel or postpone outdoor exercise depending on the Heat Stress Index



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

[Click here to add as a friend](#) →



### Make sure to use your air conditioner!

#### Heat illness can occur indoors or at night and is a life-threatening problem.

- Don't go overboard with saving electricity and use air conditioning at night as well
- Use sunshades and the like during the daytime to reduce the amount of sunlight



### If the air conditioner cannot be used, such as during a power outage

- Block out sunlight and ventilate
- Use wet towels and fans against the skin
- Evacuate to an air-conditioned place if possible
- Stockpile drinking water in case there is suspension of water during a power outage
- Store water in a bathtub or bucket in case of power supply shortages



# The government's heat illness countermeasures



Heat Illness Prevention Information Site: Heat illness Alert, Heat Stress Index (WBGT), and information on heat illness prevention

## Strengthening of indoor heat illness countermeasures for the elderly

- Heat illness countermeasures for the elderly



(Leaflet)

## Promotion of heat illness countermeasures at places where managers are present

- Heat illness information related to schools



- Heat illness countermeasures during farm work



- Heat illness countermeasures in sports



- Heat illness countermeasures in disaster preparedness



(Leaflet)

- Let's learn! Be prepared! Protect your colleagues in the workplace! Information on preventing heat illness in the workplace



- Safety tips, a disaster information app



For Android



For iPhone

## Strengthening cooperation in the community

- Weather information related to heat illness



- Emergency transport status due to heat illness during the summer season



- Health and medical information on heat illness



## Other

- Early test run of air conditioners



- Heat island measures



- Reasonable energy-efficient lifestyle



Prevent heat illness with your own drink bottle!

