

Beware of Heatstroke!

(気をつけよう「熱中症」)

Once the rainy season finishes, we can expect a lot of hot days here in Miyazaki. One important thing to be aware of during the Japanese summer is heatstroke. The risk of heatstroke is particularly high this year because a lot of people are wearing masks. In this month's *Living In Miyazaki*, we will explain the symptoms of heatstroke, as well as some measures to take against it and how to prevent it.



Symptoms of Heatstroke and what to do:

The initial symptoms of heatstroke include feeling faint, dizziness, fatigue and hot flushes. High temperatures, changes to skin condition or complexion, exhaustion, and nausea are also common. Heatstroke is not only limited to being outdoors – it is equally possible to catch it while inside. Children and the elderly should be particularly careful.

If you feel like you might be getting heatstroke, please try the following:

- ① Move to somewhere cooler right away.
- ② Loosen your clothing and cool your neck, underarms and groin with a wet towel or some ice.
- ③ Take on some water or salt
- ④ If your condition doesn't improve, seek medical advice or call an ambulance.

Ways to Prevent Heatstroke:

1) Make sure your body is in good shape to deal with the summer heat

- Eat a healthy, balanced diet
- Make sure you get enough sleep, and maintain a good environment to do so
- Take care to stay hydrated, even if you don't immediately feel thirsty – take some water with you whenever you go outside.
- Be sure to take on the correct amount of salt.



2) Take precautions to deal with the heat

- Don't just put up with the heat – lower the temperature of your room to a sensible level by using a fan or air conditioning.
- Make sure to wear clothes made from breathable fabrics like hemp or cotton, and materials that wick moisture away from your skin and dry quickly.
- Avoid direct sunlight by wearing a hat or using a parasol.
- If you have to be out in the heat for a while, be sure to take some supplies with you to help you stay cool, and take regular breaks.



If you have any questions, comments or suggestions about this column, please contact the Miyazaki International Foundation:

TEL 0985-32-8457 FAX 0985-32-8512 Email miyainfo@mif.or.jp

If you have any worries, questions, concerns or anything you would like to talk about in your daily life here in Miyazaki, feel free to contact the Miyazaki Support Center for Foreign Residents any time:

TEL 0985-41-5901 FAX 0985-41-5902 Email support@mif.or.jp