

Let's be careful (Heatstroke)

After the rainy season ends, Miyazaki continues to have very hot days. One thing to be aware of in the summer is heatstroke. It is said that this summer in particular the risk of heatstroke is higher than usual. This month we will introduce the symptoms of heatstroke, how to deal with it, and preventive measures.

[Symptoms of heatstroke and how to deal with it]

Heatstroke is caused by an imbalance of water and salt in the body. Below are the main signs of heatstroke and coping methods.

1.Symptoms:

- Poor physical condition such as dizziness, headache, malaise, nausea, vomiting, cramps, clouding of consciousness, etc.
- Anhidrosis, excessive sweating, changes in skin moisture



2.Coping methods

- Move to a cool place and lower your body temperature
- Taking breaks and resting your body
- Drinking cold water and sports drinks to balance the levels of water and salt in your body
- Speak to a medical professional and receive the appropriate treatment.



[Preventive measures against heatstroke]

To prevent heatstroke, take the following measures.

1. Hydration

- It is important to drink small amounts of water frequently throughout the day when it is hot. Be sure to drink plenty of water and sports drinks.
- It is necessary to take not only hydration but also salt at the same time. Consume sports drinks and salty foods to keep your body in balance.

2. Adequate rest

- When going out, it is important to take regular breaks without overdoing it. Rest and recover your strength.

3. Appropriate clothing and sunshade

- Choose light and breathable clothes, and use sun umbrellas, hats, and sunglasses to avoid direct sunlight.
- Avoid outdoor activities during the day and try to spend time in a cool place.



4. Indoor climate

- Keep your room cool with an aircon or fan. It is important to rest at a comfortable temperature, especially when sleeping.

5. Awareness of heatstroke

- Always be aware of your physical condition. If you have a fever or feel unwell, try not to overdo it and rest early.
- If you feel the symptoms of heatstroke, it is important to consult a medical professional without hesitation and receive appropriate treatment.

We advise those living in Miyazaki Prefecture to be especially careful during this time. To protect your own health and safety, please follow the advice in the article and do your best to avoid heatstroke. Have a safe and comfortable summer.

If you have any questions, opinions, or requests about this piece, please contact the Miyazaki International Foundation. TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp

If you have any questions or queries regarding everyday life, please consult the Miyazaki Support Centre for Foreign Residents. TEL : 0985-41-5901 FAX : 0985-41-5902 Email : support@mif.or.jp

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