

Watch out for heatstroke!

熱中症に気を付けよう

Once the rainy season passes, we are in for some brutally hot weather in Miyazaki. At this time of year as we move into summer, our bodies are not accustomed to the heat, and heatstroke is something to watch out for. In this month's *Living in Miyazaki*, I'd like to go over the symptoms of heatstroke, as well as some methods for coping with and preventing it.



Heatstroke symptoms and how to cope with them

The first symptoms of heatstroke include dizziness, lightheadedness, profuse sweating, muscle pain and slight yawning. As symptoms progress, you may experience vomiting, headaches, heavy fatigue, difficulty thinking straight, and feeling faint. Heatstroke can occur both outdoors and inside, and children and the elderly are particularly vulnerable.

What to do if you suspect you have heatstroke:

- ① Move into an air-conditioned room, or a cool place out of the sun with good ventilation.
- ② Loosen your clothes and cool your body down. Use ice on your neck, under your armpits, and on your hips to stay cool.
- ③ Rehydrate with some electrolytic drinks.
- ④ If you cannot drink water by yourself or find yourself reacting strangely to it, call an ambulance.



How to prevent heatstroke

Method 1: Make your body as resilient against the heat as possible throughout the season.

- Try to eat a healthy balance of foods.
- Maintain a comfortable sleeping environment, and get plenty of sleep.
- Take care to drink plenty of water, even if you don't feel thirsty. Always take something to drink with you when you leave the house.
- Make sure you're also getting enough sodium in your food and drink.

Method 2: Be practical in your daily life to combat the heat.



- Don't suffer through heat, use air conditioning and fans to bring your room down to a comfortable temperature.
- Avoid direct sunlight exposure by wearing a hat and carrying a parasol.
- When there is a special heatstroke alert, avoid outdoor activity. If you are doing something outside, bring cooling items, and be sure to take breaks.

The heat is getting more and more severe every year, so please take these precautionary methods, and enjoy your summer while protecting your health and safety.

※The original Japanese version of this article will be uploaded onto the website of the Miyazaki International Foundation soon.

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

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Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

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