

Heatstroke preventive actions

Points for preventing heat stroke in the "New Lifestyle"

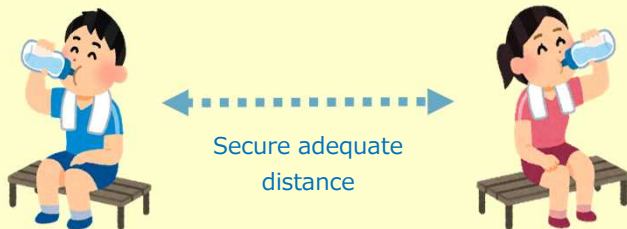
With the occurrence of the new coronavirus (Covid-19), the 3 basics of infection prevention (1) ensuring physical distance, (2) wearing mask, (3) washing hands, and avoiding three C's (closed spaces with poor ventilation, crowded places, close range conversations) as the "**new lifestyle**" **are required**. The points of heat stroke preventive actions in this "new lifestyle" are as follows.

1 Let's avoid heat

- Adjust room temperatures by using air conditioner, etc.
- To prevent infectious diseases, frequently adjust the temperature setting of the air conditioner while ensuring ventilation by opening exhaust fan and windows.
- Don't force yourself on hot days and hours when it is too hot.
- Wear cool clothing.
- Be careful on days when it becomes suddenly hot.



2 Let's remove mask properly



- Mask should be worn carefully if the temperature and humidity is high.
- If you can secure an adequate distance (2 meters or more) with people outdoors, remove the mask.
- When wearing a mask, avoid intensive work or exercise. Keep adequate distance from people around you, take off the mask properly and take a break.

3 Let's hydrate frequently



- Drink water before you become thirsty.
- 1.2 liters per day as a guideline.
- Don't forget salt intake when you sweat a lot.

4 Let's manage our health on a regular basis



- Check your health and body temperature.
- When not feeling well, don't force yourself, go home and take a rest.

5 Let's prepare our body for the heat



- Exercise moderately before the heat season.
- Don't forget to hydrate, in moderation.
- A slightly hard exercise 30 minutes everyday in a slightly hot environment.



Information on new coronavirus infection (Covid-19):

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html

For more information on heat stroke: <https://www.wbgt.env.go.jp/>

