

What We Need to Know About Heatstroke

知っておこう！熱中症のこと

We often hear the term heatstroke during hot weather. Heatstroke occurs when heat builds up in the body, and can cause a variety of symptoms. Severe cases of heatstroke can be life-threatening. Let's prevent heatstroke and stay active and healthy throughout the summer.

■Heatstroke Symptoms and What to Do

【Mild】

Symptoms: Dizziness, muscle pain, lightheadedness, numbness in hands and feet

What to do: Rest in a cool place and cool your body down. Be sure to drink plenty of fluids and replenish electrolytes. If your symptoms do not improve, seek medical attention.

【Moderate】

Symptoms: Severe headache, fatigue, nausea, vomiting, altered consciousness

What to do: Seek medical attention immediately.

【Severe】

Symptoms: Difficulty speaking, hot skin, loss of consciousness, inability to walk, convulsions

What to do: Call an ambulance. While waiting for the ambulance to arrive, cool your neck, armpits, and groin area.

*If you are unsure whether to call an ambulance, you can call the Emergency Medical Consultation Center (#7119) for advice.

■Four Key Points for Heatstroke Prevention

① Drink plenty of fluids and replenish electrolytes

Drink fluids frequently, aiming for about one cup every hour.

When you sweat a lot, be sure to replenish electrolytes as well.

*Be careful not to overconsume electrolytes.

② Use air conditioning

Use air conditioning not only during the day but also when you sleep.

It is important to maintain a suitable temperature and humidity.

The recommended room temperature is around 28°C, and the recommended humidity is 40% to 60%.

③ Choose cool clothing

Wear loose, lightweight clothing that allows air to flow through.

Use a hat or sun umbrella and make use of cooling items such as ice packs and neck coolers.

④ Look out for others and check on them regularly

Older adults and children may have difficulty noticing changes in their own physical condition.

Family members and others around them should check on them regularly.

■ Check the Heat Stress Index (WBGT) and Heatstroke Alerts

When the heat stress index is high or a heatstroke alert is issued, avoid going outside as much as possible and stay in a cool indoor space.

- Click [here](#) to check the Heat Stress Index (WBGT)
- Click [here](#) to check for Heatstroke Alerts

■ Use Water Refill Stations for Your Reusable Water Bottle

To promote heatstroke prevention and reduce the use of single-use plastic products, Suita City has installed water refill stations at 38 locations in the city.

Anyone with a reusable water bottle can refill it with water for free.

For more details, please check [the city's official website](#).

■ Inquiries

Environmental Policy Section

Phone: 06-6384-1782

Please contact the [Suita Multilingual One Stop Consultation Center](#) for further inquiries.