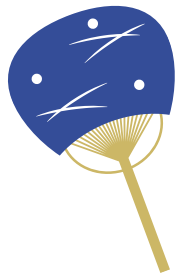


今年の夏も  
**沸とう京**



# **Stay Safe from Heatstroke**

## **- Helpful tips to protect yourself -**

### **In This Summer.....**

#### **Please Take Eight Actions daily Against Heatstroke!**

- 1 Stay well hydrated throughout the day.
- 2 Wear lightweight, breathable clothing.
- 3 Utilize designated cooling shelters.
- 4 Monitor the heat stress index and heat alerts (if WBGT over 33).
- 5 Stay cool by using air conditioning.
- 6 Protect yourself from the sun with a sun umbrella or a hat/cap.
- 7 Let's remind family members and neighbors to stay safe from heatstroke.
- 8 Get enough sleep and eat regular, balanced meals.

### **If You Suspect Heatstroke.....**

#### **Call emergency services if someone:**

- Unable to drink water.
- Feels extremely weak or fatigued.
- Loses consciousness.
- Experiences full-body convulsions.



#### **If you are unsure whether to call an ambulance:**

Please refer to the Tokyo EMS Guide, which is available in Japanese and English. You can use it to input symptoms and receive guidance on the appropriate course of action.

[https://www.tfd.metro.tokyo.lg.jp/hp-kyuuimuka/en\\_guide/main/index.html](https://www.tfd.metro.tokyo.lg.jp/hp-kyuuimuka/en_guide/main/index.html)

## Before Going Outside.....

### Please Take Precautions Against Heatstroke!

#### Use a sun umbrella or wear a hat

A sun umbrella can help lower your body temperature by 1–3°C. Choosing one with strong UV and heat-blocking features is recommended.

#### Stay hydrated

Air-conditioned environments may cause unnoticed dehydration. Aim to drink approximately 100 mL of water every hour during the day.

#### Choose appropriate clothing

Light-colored garments such as white, yellow, or light gray absorb less heat and help you stay cooler.

