

Symptoms of Heatstroke

If any of the following symptoms occur, there is a danger that the person may be suffering from heatstroke.



Symptom 1 Dizziness or hot flashes

Dizziness, lightheadedness, headaches, and hot flashes are all possible signs of heatstroke

Symptom 2 Muscle pain and muscle cramps

Heatstroke may cause muscle cramps, muscular spasms, or hardened muscles.

Symptom 3 Listlessness and nausea

Symptoms including listlessness, lack of energy, nausea, vomiting inability to urinate.

Symptom 4 Abnormal perspiration

Abnormalities such as excessive perspiration or no sweating at all

Symptom 5 High body temperature or abnormal skin condition

Symptoms including high body temperature with skin that is hot to the touch or red, dry skin.

Symptom 6 No response when spoken to, or not being able to walk straight

Symptoms that include no or strange response when spoken to or inability to walk in a straight line indicate severe heatstroke.

Symptom 7 Unable or finding it difficult to drink water

If someone is unable to hydrate themselves without help, this could be very dangerous. Don't try to force water down someone's throat.

If you suspect heatstroke

If you think someone may be suffering from heatstroke, apply first aid immediately. If necessary, call an ambulance and get them to a medical facility.

First Aid - The 3 Most Important Points

Point 1 Move the person to a cool place.

First, move the person to an indoor area where the air conditioning is working. If there is no air-conditioned space nearby, move the person to a shady area with good ventilation so they can rest.

Point 2 Remove clothing and cool their body to bring their temperature down.

Cool the person's neck, armpits, groin, etc. You can cool them down by splashing water on their skin, then fanning them with a paper fan or similar object.

Point 3 Give them water and sodium.

If possible, offer a sports drink so that they can get water and sodium together. Do not force the person to drink, if he or she is vomiting or unconscious.

Weather trivia

Take caution when the temperature reaches 28 degrees Celsius!

What is 28 degrees Celsius in Fahrenheit?

Celsius	20	28	30	35	40
Fahrenheit	68	82.4	86	95	104

There are two ways to measure the temperature in the world. Celsius is used in Japan. If you see the temperature on a weather forecast shown as 28 degrees Celsius or higher, take note of the high temperature and high humidity.

Check the Internet too!

<http://netsuzero.jp/en/>



Let's Learn about Heatstroke



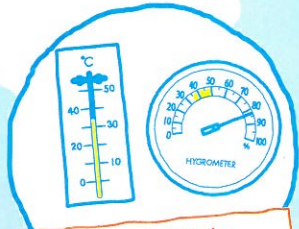
熱中症ゼロへ[®]
Heatstroke Zero

Heatstroke can be prevented by being aware.
We can reduce the number of cases of heatstroke to zero
if we all look out for each other and not just ourselves.

Heatstroke Prevention



Anyone, anytime, anywhere can be at risk of heatstroke. However, heatstroke is preventable, as long as you know the basic prevention methods and are regularly aware.



Always check the temperature and humidity.



Protect yourself from the sun.



Carry a drink.



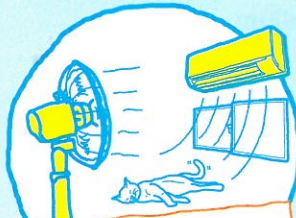
Wear the right clothes.



Take frequent breaks.



Get enough sodium.*



Keep the inside cool.



Get used to it bit by bit.



Keep your body strong and fit.



Watch out for others.



Be sure to get quality sleep.



Drink frequently.

The Japan Weather Association (JWA) has been working in many ways to help prevent heatstroke, including issuing a "Heatstroke Index," having weather forecasters explain heatstroke, and developing portable heatstroke monitors. To prevent heatstroke, it's important to know how the temperature and humidity are expected to change over the course of the day, not just the expected maximum temperature, and be aware of indoor temperature and humidity.

*In Japan, people sprinkle salt on their watermelon.

Official Partners



Cooperation:



Support: Kumagaya City, Tajimi City, Tatebayashi City, Toshima City, Osaka Prefecture, Sendai City, Tsunan Town, Niiza City, Fukuoka City, Misato City, Yamanashi Prefecture, Owariasahi City, Koshu City, Kobe City, Fukushima City, Morioka City, Arakawa City, Edogawa City, Ena City, Ota City, Kirishima City, Gifu City, Sagamihara City, Shinagawa City, Suginami City, Setagaya City, Taito City, Tahara City, Chiyoda City, Nagoya City, Hashima City, Matsumoto City



Heatstroke Zero is a project promoted by the Japan Weather Association that aims to reduce the number of heatstroke casualties, to bring the number of fatalities down to zero.

The Japan Weather Association, for Heatstroke Zero.