

## Avoid Heatstroke!

Here are the tips to avoid heatstroke. Heatstroke gives you high fever, dehydration and/or uncomfortable feeling in hot weather.

- (1) "Get along" with hot weather gradually.
- (2) Avoid extreme heat, high humidity, and direct sunlight.
- (3) Drink water or take cold refreshments regularly.
- (4) Take breaks frequently when exercising.
- (5) Don't leave your children alone in a vehicle.
- (6) Children are more sensitive to heat.  
Watch out for the change of children's physical conditions.



*"Should I go to the hospital by myself or get the ambulance right now???"...The **Tokyo EMS Guide** can help you. (Why don't you make it your constant companion for use in an emergency??)*

**【Tokyo EMS Guide】** [https://www.tfd.metro.tokyo.lg.jp/hp-kyuimuka/en\\_guide/main/index.html](https://www.tfd.metro.tokyo.lg.jp/hp-kyuimuka/en_guide/main/index.html)

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