

# LIVING GUIDE MORIOKA

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## Heat-related Illness - How can we prevent?

During the hot summer months, the number of people who suffer heat-related illnesses increases. Fortunately heat-related illness is preventable. Yet if action is not taken promptly, it can lead to serious complications, even to death. So if you see someone with any of the warning signs of heat-related illness, let's give a helping hand to the victim in cooperation with other people.

### What is heat-related illness ?

A heat-related illness occurs when the body's temperature control system is overloaded. Normally, as the air temperature rises your body stay cool by letting heat escape through the skin and by evaporating sweat. But on hot and humid days, the evaporation of sweat is

slowed by the increased moisture in the air.

When the body isn't cooled properly, your body temperature rises, and you become ill. Some of the early signs include Dizziness, Nausea, Feeling tired.



### Places where precautions need to be taken






- athletic field, gymnasium
- in the car or room with the windows closed
- bathroom
- fields, golf course etc. - without shaded areas
- festivals, fireworks venues etc. - the crowded and stuffy spaces

### Those who are susceptible to heat-related illnesses

- the elderly, infants, children up to 4 years of age
- people who are not used to the heat
- people who are overweight
- people who feel physically sick or lack of sleep
- people who are suffering from chronic illnesses

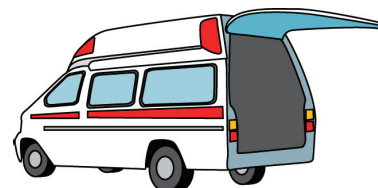


## Heat-related illness-Severity, Signs and Symptoms, First-aid and Treatment

Severity	Symptoms	First-aid and Treatment	Medical Attention
mild (Heat cramps)	Dizziness, Painful cramps, Heavy sweating 	Move to a cool place and rest. Give cool sports drinks containing salt.	Usually no need for medical attention.
moderate (Heat exhaustion)	Headache, Nausea, Feeling tired, Lack of concentration & judgment, Weakness 	Move to a cool place and rest. Apply cold water or cloth to the head, neck and face.	If no improvement or unable to take fluids, seek medical attention.
severe (Heat stroke)	Impaired consciousness, (strange responses, conversations etc.) Convulsion, Disturbance of motility (not able to walk as usual etc.)	Move to a cool place and rest. Place refrigerator coolants or ice bags on the armpits and groin areas.	Immediately call 119 for ambulance service. The immediate medical help is needed. 

### When to call an ambulance

- If you are not able to drink water by yourself....
- If you are weak and feel so tired that you can not move....
- If you are unconscious or have a convulsion...



### Preventing heat-related illness

- Have some water and salt often even if you are not thirsty.
- Adjust room temperature at 28° C or under. (using air conditioner, electric fan)
- Create a cool environment for the room
  - frequent ventilation, sprinkle water around the house, use of light-blocking curtains or bamboo blinds
- Cool your body with refrigerator coolants or ice bags, cold towels.
- Dress for the weather, select the breathable, sweat- absorbent, quick-drying material.
- Protect yourself from the sun by wearing a hat or using an umbrella.
- Avoid spending too much time in the heat. (get into shaded areas)

