

# Tackle Heatstroke and the Novel COVID-19 With New Lifestyle Habits the Safe Way!

New lifestyle habits: Living a lifestyle that incorporates the three fundamentals for preventing the spread of the novel COVID-19: (1) Keep your distance from others (2) Wear a mask (3) Wash your hands, as well as avoiding the Three Cs (closed spaces, crowded places, and close-contact settings).

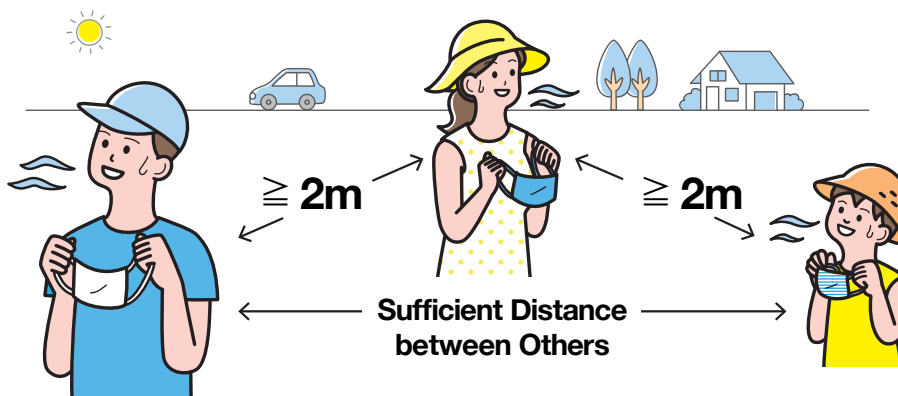
## **CAUTION** Wearing a Mask Increases the Risk of Suffering Heatstroke

Wearing a mask makes it difficult for heat to escape from the skin and the body to regulate its temperature and so you may become dehydrated without realizing it. Adopt measures to prevent suffering heatstroke such as avoiding the heat and consuming water as well as new lifestyle habits such as wearing a mask and ensuring proper ventilation.



## Remove Your Mask to Prevent Heatstroke

Remember to  
Take Measures  
to Prevent the  
Spread of  
Viruses!



When you are outdoors  
and more than  
**2 meters away**  
**from other people**  
(a sufficient distance)

When Wearing a Mask



### Avoid Strenuous Exercise

Even If You Are Not Thirsty,  
Stay Hydrated at All Times



Be Especially Careful  
When the Weather  
Is Hot and Humid



## Avoid the Heat

- Cool clothes, sun umbrellas, and hats
- If you feel unwell, move to a cool place
- If you cannot go inside a cool indoor area, stay in the shade when outside

## Even If You Are Not Thirsty, Stay Hydrated at All Times

- As a guide, drink 1.2 liters per day

1 glass every hour      Hydrate before and after bathing and after waking up

Approximately two and a half 500mL plastic bottles      About 6 glasses

- If you sweat a lot, remember to consume enough salt as well

## Make Sure to Ventilate Properly While Also Using an Air Conditioner (There is no need to turn off the air conditioner)

**CAUTION** A typical home-use air conditioner only circulates the air in the room and does not ventilate it

- Open at least two of windows or doors.
- Use both a fan and a ventilation fan
- After ventilating, reset the temperature of the air conditioner frequently

## Condition Your Body to the Heat and Maintain a Healthy Lifestyle on a Daily Basis

- Condition yourself to the heat by exercising moderately from when the weather begins to get warmer (about 30 minutes of fairly vigorous exercise in a slightly hot environment)

Remember to rehydrate!

- Measure your body temperature and perform a health check regularly such as every morning
- When you feel unwell, rest at home without overdoing it

# Important Things to Know About Heatstroke

### Make Sure to Take Thorough Measures to Prevent Heatstroke When Heatstroke Warnings Are Announced!

In principle, do not exercise. Do your best to avoid going out and move to a cool indoor area.

### Percentage of heatstroke-related deaths by age

15-44 years old	2.3%
45-64 years old	15.6%
65-79 years old	32.4%
80 years old and over	49.3%
5-14 years old	0.0%
0-4 years old	0.2%
Unknown	0.2%

Source: "2019 Demographic Statistics on the Number of Deaths Attributable to Heatstroke" Ministry of Health, Labour and Welfare

### About 80% of Deaths Attributable to Heatstroke Are Those of Elderly Persons

About half of those who suffer from heatstroke are aged 80 years old or over, but young people also need to be careful.

### Percentage of those who have suffered heatstroke by age and place of occurrence

Age Group	Indoors	Other
65 years old and over	~40%	~60%
40-64 years old	~80%	~20%
19-39 years old	~80%	~20%
7-18 years old	~80%	~20%
0-6 years old	~80%	~20%

Source: "Increase in Heatstroke Patients as Seen From Emergency Transport Data" National Institute for Environmental Studies 2009

### More than Half of the Elderly People Who Suffer Heatstroke Develop the Stroke at Home

Elderly people need to keep their homes cool and younger people need to be careful while working or exercising outdoors.

**Elderly people, children, and people with disabilities are prone to heatstroke. Such individuals should be especially careful.**

Actively check on the well-being of those around you too.