

Enjoy Good Health by Adopting the New Lifestyle to Prevent Heatstroke & COVID-19 Infection

The New Lifestyle involves adopting measures such as the three basics of COVID-19 infection prevention in daily life:
(1) keep your distance from others; (2) wear a mask;
and (3) wash your hands and avoid the Three Cs (crowded places, close contact settings, and closed spaces).

CAUTION Wearing a mask increases the risk of heatstroke

Wearing a mask makes your body difficult to maintain the temperature because it prevents the effective release of heat. As a result, you may experience dehydration without noticing.

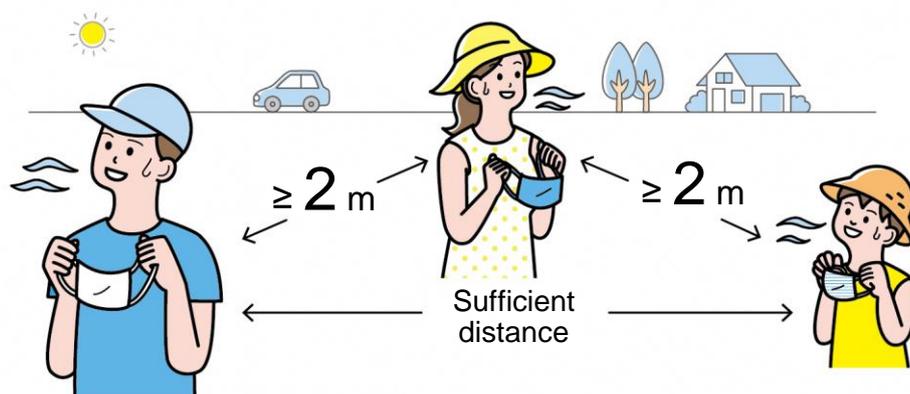
Practice both heatstroke prevention measures (e.g., avoiding heat and staying hydrated) and the New Lifestyle measures (e.g., wearing a mask and ensuring good ventilation).



Remove your mask

to prevent heatstroke

Don't forget
to take virus
infection
prevention
measures!



If you are at a
sufficient distance
(≥ 2 m)
apart from others
outside

I might have
heatstroke if I
keep my mask on...

(When wearing a mask)



Avoid intense exercise

Even if you are not thirsty,
hydrate frequently



Be particularly careful
when the temperature
and/or humidity is high



Ministry of the
Environment



Ministry of Health,
Labour and Welfare

Information on COVID-19:

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html

More information on heatstroke: <https://www.wbgt.env.go.jp/>



Avoid the heat

- Wear **cool clothing** and use a **parasol** or wear a **hat**
- If you feel even slightly unwell, move to a **cool area**
- If you cannot go to a cooler area indoors, go to a **shaded area**



Even if you are not thirsty, hydrate frequently

- Recommended water intake
Approx. **1.2 L/day**



One glass every hour

Drink water before and after bathing and when you wake up

2.5 bottles of 500-mL bottles

Approx. six glasses

- Don't forget to have **salt** as well if you have sweat a lot



Ventilate rooms frequently even if you are using an air conditioner (you do not need to switch off the air conditioner)

Note Standard household air conditioners simply circulate the air in the room. They do not ventilate.

- Open windows or doors at **two sides** of a room
- Use a **fan or ventilation fan** at the same time
- Adjust** the air-conditioner temperature frequently after ventilating the room



Stay fit to prepare for the heat and keep yourself in good health

- To prepare for the heat, **exercise moderately** without overdoing (i.e., moderately challenging exercise in a slightly hot environment for **about 30 minutes/day**), starting when it begins to get warm



Don't forget to drink water!

- Take your **temperature** and **check your health** at a **fixed time**, such as every morning
- Rest at home** and take it easy if you don't feel well

Key facts about heatstroke



The number of heatstroke deaths **increases from hot days ($\geq 30^\circ\text{C}$)**

Be especially careful on days when the temperature exceeds 35°C !

In principle, exercise should be cancelled. Avoid going out and move to a cool indoor area.

Percentage of heatstroke deaths by age

15 to 44 years old	2.5%
45 to 64 years old	15.6%
65 to 79 years old	33.7%
80 years old and older	47.8%
5 to 14 years old	0.1%
0 to 4 years old	0.1%
Unknown	0.2%

Source: "Number of Heatstroke Deaths: 2018 Vital Statistics," Ministry of Health, Labour and Welfare

The elderly consists approximately 80% among heatstroke deaths

About half of the deaths occur among people aged 80 or older, but the younger generation needs to take care as well.

Percentage of heatstroke patients by age/onset location

Age Group	Outdoors	Indoors	Other
65 years old and older	~15%	~75%	~10%
40 to 64 years old	~45%	~45%	~10%
19 to 39 years old	~55%	~35%	~10%
7 to 18 years old	~65%	~25%	~10%
0 to 6 years old	~75%	~15%	~10%

Source: "Increase in the Number of Heatstroke Patients Observed in Ambulance Transportation Data," National Institute for Environmental Studies, Japan 2009

More than half occur at home of all heatstroke cases among the elderly

The elderly need to keep their homes cool and the younger generation need to take care during work and exercise.

The elderly, children, and people with disabilities must be extremely careful as they are particularly vulnerable to heatstroke. Please actively care for them around you.