



Tackle Heatstroke and the Novel COVID-19

Remove your Mask Outdoors to Prevent Heatstroke

**Wearing a Mask Outdoors Increases
the Risk of Suffering Heatstroke**

Don't forget to remove your mask,
especially when exercising



Wear a mask
during conversation
at a short distance
(within approx. 2 m)

You don't need to wear a mask when you are outdoors walking,
running, commuting or travelling to school



Even indoors, a
mask may not
be necessary

- You don't need to wear a mask if you can keep your distance from other people (2 m or more) and there is hardly any conversation.
- Even when you wear a mask, if there is a high risk of suffering heatstroke indoors, use air conditioners, fans, and ventilation to adjust the temperature and humidity, avoid the heat and stay hydrated at all times.



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
- About **6 glasses**
- 1 glass every hour
- Hydrate **before and after bathing and after waking up**
- 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 **every day**)
- 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	1.8%
45-64 years old	1.8%
65-79 years old	37.0%
80 years old and over	49.1%
5-14 years old	0.1%
0-4 years old	0.1%
Unknown	0.1%

Source: Ministry of Health, Labour and Welfare, "Vital Statistics (2020)"

About 90% 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

65 years old and over	At home	On a street or parking lot
19-64 years old	While working	
7-18 years old	At school	While exercising
0-6 years old	In a public place	Others/Unknown

Source: Prepared based on "2015 Bulletin Report on Heatstroke Patients" by the National Institute for Environmental Studies

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.