

# Heatstroke and Ultraviolet Rays

## Heatstroke

### What is heatstroke?

Heatstroke is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature. It can lead to death. But it can be prevented easily, and proper first aid can save the lives of heatstroke victims.



## Onsite First Aid

### 1 Move to a cool place

Move to a cool place with shade and a breeze, or an air-conditioned room.



### 2 Remove clothing and cool off

Loosen clothing and apply ice or cold water to the neck, armpits, and groin to cool the body.



### 3 Consume fluids and salts

Drink cold water or sports drinks. (However, do not give fluids to a person who is not fully conscious.)



### 4 Go to hospital

If the person is not fully conscious and can't take fluids by themselves, take them to hospital immediately.



## Prevention



○ Take frequent drinks



○ Limit time spent swimming in the sea when the sun is high.



○ Use a hat or parasol



○ Stay out of the heat, wear open-necked clothing and so on.



○ When playing sports or other activities that involve sweating, consume plenty of fluids and salts.



○ Be careful when temperature rises rapidly.



○ Use a fan indoors.

## Ultraviolet rays

### Okinawa's ultraviolet rays

The ultraviolet rays in Okinawa are stronger than in other regions. Sunburn caused by ultraviolet rays causes fever, blistering and pain. Severe sunburn can require hospitalization. To avoid damaging your health, take precautions against ultraviolet rays.



## Prevention

- Wear a hat
- Cover up with clothing
- Use sunscreen appropriately
- Make use of shade
- Wear sunglasses



Take the right precautions against ultraviolet for the time and place