

Stay safe from heatstroke

Unusually high temperatures are expected from April this year, raising the risk of heatstroke.

① Please check heatstroke alerts and the heat index

Official LINE account of the Ministry of the Environment

(<https://lin.ee/mj3KmWD>)



You can receive heatstroke alerts and Wet Bulb Globe Temperature (WBGT) information by registering on LINE.

Heat Illness Prevention Information of the Ministry of the Environment

(<https://www.wbgt.env.go.jp/>)

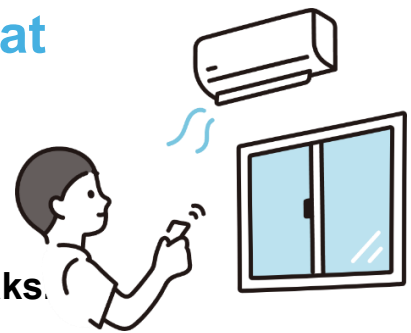


Information on heatstroke alerts and Wet Bulb Globe Temperature (WBGT) is available on the website, along with guidance on an email notification service in Japanese.



② Avoid excessive heat

- ✓ When a heatstroke alert is issued, avoid going out as much as possible.
- ✓ Adjust the indoor temperature frequently using air conditioning.
- ✓ On sunny days, use shade and take frequent breaks.
- ✓ Cool your body with ice packs, ice, or cold towels.



③ Regularly replenish fluids and salt

- ✓ Whether indoors or outdoors, please stay hydrated—even if you don't feel thirsty.

