



What to Do in an Emergency! Emergency Response: Be Prepared for the Unexpected

Unexpected accidents and health emergencies can occur on campus life. To be prepared for such situations, it is important to learn the correct knowledge and appropriate response procedures. Look the three essential topics that all students should be familiar with: heatstroke, concussion, and cardiopulmonary resuscitation (CPR). For Japanese brochure, read it using AI translation into your home language.

Heatstroke



Heatstroke can occur during exercise or outdoor activities, especially in hot and humid conditions. Learn how to prevent heatstroke and provide appropriate first aid when symptoms occur.

[Guidebook for Preventing Heatstroke During Sports Activities \(Japanese\)](#)



Concussion



After a significant blow to the head, symptoms such as headache, dizziness, nausea, or loss of consciousness may occur. When you have a head injury is suspected, stop the activity, rest, and visit a medical institution with CT or MRI facilities. This is strongly suspected the concussion.

[Concussion recognition tool 5©](#)

[Concussion Handbook \(Japanese\)](#)



Cardiopulmonary Resuscitation (CPR)



When someone suddenly collapses or becomes unresponsive, immediate action can save a life. Learn how to perform CPR and use an AED.

[CPR Procedure | Japan Medical Association Resuscitation Guidelines \(Japanese\)](#)

