

Preventing Heatstroke from Global Warming

Global warming is progressing due to the increase in greenhouse gases. Even if measures are taken, some level of temperature increase is inevitable going forward. While it is important to decrease greenhouse gas emissions, it is also important to take “adaption measures” with regards to the effects of global warming. Let’s prepare for increasingly hot summers.



Effective Use of Air Conditioning

- Don’t hesitate to keep the air conditioning running on hot nights
- Use fans in combination with air conditioning
- Ventilate often

Frequent Rehydration

- Rehydrate even if you aren’t thirsty
- Drink 1.2 liters (about 6 cups) of water everyday
- Don’t forget to consume sodium after sweating

Avoiding Heat

- Wear cool clothing and wear a hat
- Keep in the shade as much as possible

Building a Healthy Body that Can Withstand the Heat

- Do 30 minutes of slightly hard, heat-inducing exercise daily, while avoiding the hottest hours of the day.

Make use of the Heatstroke Warning Alert

This alert is given out during weather conditions with an extremely high risk of heatstroke. You can access it on the Ministry of the Environment website, or register to be alerted via LINE or email.

See the website for more information ►

<https://www.wbgt.env.go.jp/en/alert.php>

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