

### 3. Heatstroke Alerts and Preventive Measures

**Inquiries:** Green Transformation Division ☎ 054-221-1661



Heat-related illnesses can be serious. To help protect residents, two alert levels are used to indicate the risk of heatstroke. When either alert is issued, please take immediate precautions.

#### **Heatstroke Alert**

Issued via the City's official LINE and X accounts when temperatures are "dangerously hot", with an elevated risk of heatstroke.

#### **Special Heatstroke Alert**

A level above the Heatstroke Warning Alert, issued via the City's official LINE and X accounts, and over the city-wide loudspeakers when the risk of heatstroke is extremely high.

#### **What to Do When an Alert Is Issued**

- Drink water and replenish salt frequently.
- Use umbrellas or hats for sun protection.
- Use a "cooling shelter"

*To help residents beat the heat, municipal facilities such as libraries and lifelong learning centers have been designated as "cooling shelters." See the City website for a list of facilities and opening hours.*

[www.city.shizuoka.lg.jp/s2835/s003181.html](http://www.city.shizuoka.lg.jp/s2835/s003181.html)



#### **Translated by:**

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