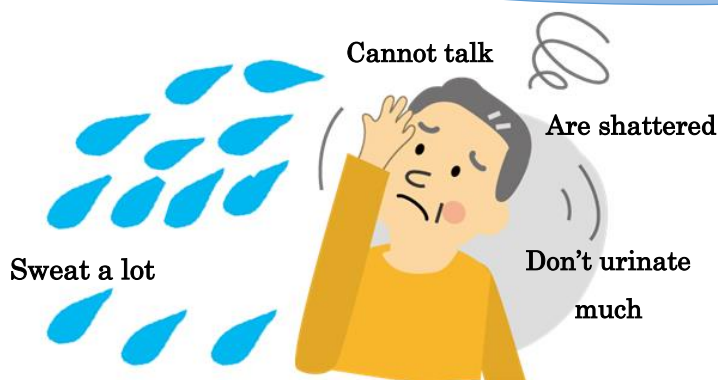


In the scorching heat, beware of **heatstroke!**

When you walk around the streets and there are not many people, **you don't have to wear a mask.**

It may be a heat stroke if you:



*Sometimes don't sweat enough



During this season be careful when:

- There is hardly any wind
- Very hot and humid days
- The sun shines strong
- Temperatures rise high suddenly

Here is what you can do:

© Sip small amounts of water every 30 minutes.

(Even if not thirsty)

© Take salt

© Go to a cool place where there is breeze

© Wear a bow or towel on your head

© Sprinkle water on the skin and fan it with a fan.

(It is also good to wear a cloth or towel soaked in water on your body)

© If possible stay in an air-conditioned room

© If you feel too unwell, go to a hospital.



世界の医療団