

# 7月のほけんだより

令和4年7月12日  
川口市立高等学校  
定時制保健室

The rainy season has ended and summer has arrived.

Be careful to avoid heat stroke and make sure your body can withstand the heat.

This week, there will be a ball game competition. Make sure you are in good physical condition, cooperate with your friends and give it your all.

## What is heat stroke?

A condition in which the body is unable to regulate its temperature in a hot environment.

The human body has a mechanism to try to maintain a constant body temperature. When it is cold, the body shivers to generate heat from the muscles, and when it is hot, heat is released through perspiration. However, when this mechanism does not work properly and the body temperature becomes unbalanced, various symptoms occur in the body.

heat index (WBGT)	degree of risk	Daily life precautions	motoring guidelines
31°C and above	<b>hazard</b>	Avoid going outside and take shelter indoors where it is cooler. Even if at rest, there is a risk of heat stroke.	Exercise is prohibited in principle.
28~31°C	<b>high alert</b>	Avoid hot weather when going out. Pay attention to room temperature, even indoors.	No strenuous exercise. Rest every 10-20 minutes and replenishment of water and salt are necessary.
25~28°C	<b>vigilance</b>	If exercising or engaging in strenuous activity, ensure adequate rest on a regular basis.	Every 30 minutes, for example. Take active rest periods, e.g. every 30 minutes. Need to replenish water and salt.
21~25°C	<b>attention</b>	The risk of heat stroke is low, but there are risks, e.g. with heavy work.	Fatalities may occur. Proactively replenish fluids and salt and watch out for signs of heat stroke.
Less than 21°C	<b>Almost safe</b>		The risk of heat stroke is low, but use caution when running marathons.

Heat index (WBGT) (adapted from the Japan Sports Association's Guidebook for Prevention of Heat Stroke during Sports Activities).



① Get enough sleep.



② Eat a well balanced diet.



③ Hydrate frequently even if not thirsty.

## Measures to prevent heatstroke

⑤ Take salt.



⑥ Cool with refrigerant or cold towels.

④ Wear cool, well-ventilated clothing.



⑦ Wear a hat outdoors.