

令和5年7月20日
川口市立高等学校
定時制保健室

Hydrate well! Watch out for heat stroke!

It is now July and the hot days of midsummer are continuing, but are you doing well? The sun is shining and the temperature is over 30 degrees Celsius every day. Be aware of changes in physical condition due to heat! Let's drink plenty of water, work up a good sweat, and build a body that can withstand the heat.

heatstroke

Watch out for these symptoms

Dizziness, dizziness, headache, cramps, poor concentration and memory, loss of consciousness, loss of appetite, queasy feeling, abdominal pain, constipation, diarrhea, vomiting, muscle pain, numbness, paralysis, and limp,

If you had any abnormalities in your physical examination during the first semester and received a recommendation for treatment, please take this opportunity to go to the hospital for treatment. If you had any abnormalities during your health checkup in the first semester and received a recommendation for treatment, please take this opportunity to go to a hospital for treatment. I look forward to seeing you all in good health and good spirits in the second semester.



Get protein and vitamins for a healthy summer!

In summer, we tend to eat only "carbohydrates" such as somen noodles. Let's actively take in the nutrients we tend to lack.

Countermeasures against heat stroke

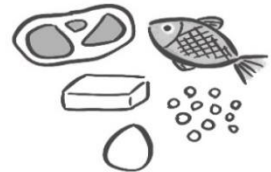
- get enough sleep
- Eat a nutritionally balanced diet
- Drink water and salt frequently.
- keep out of direct sunlight
- put on one's hat
- Wear well-ventilated clothing.
- Allow your body to acclimate to the heat.
- Take it easy and rest.

Hydration Points

- Drink before you get thirsty
- Drink frequently during exercise.
- Drink when you wake up in the morning and before going to bed

protein

Meat (chicken breast, pork fillet, etc.)
Fish (tuna, bonito, etc.)
Soybeans (tofu, natto, soy milk, etc.)
Eggs



vitamin B1

eel
pork
Eggs



vitamin B2

lever
cow's
milk



vitamin C

kiwi fruit
red bell pepper
broccoli



Key points to prevent summer fatigue

Summer fatigue is a condition in which the body is unable to adapt to the heat and various ailments appear. Let's review our lifestyle and build a body that does not suffer from summer fatigue.

Get a good night's sleep



Sleep deprivation leads to fatigue and a decline in various functions of the body. To get enough quality sleep, wake up at a fixed time every day and get some morning sun.

Do not overcool the room with air conditioning.



If there is a large temperature difference between the outdoors and the room, the autonomic nervous system is disturbed when moving between the room and the outdoors, leading to physical discomfort. Do not set the air conditioner temperature too low.

Eat a nutritionally balanced diet



Cold food weakens gastrointestinal functions. In addition, if you only eat mouth-watering foods such as somen noodles, you will suffer from nutritional deficiencies.

Take protein (meat, fish, eggs), vitamins and minerals (vegetables and fruit) actively.

Sweat it out with light exercise.



If you spend all your time lounging around in a cool room, you sweat less, which weakens your body's thermoregulatory system and makes it harder to cope with the heat.

Get some light exercise on a regular basis to work up a sweat and build up your body's ability to regulate your temperature.

