



令和5年9月1日
川口市立高等学校
定時制保健室

After a fun and enjoyable summer vacation, the second semester has begun. Are you all feeling the summer heat? This summer has been particularly sunny and hotter than normal. September will still be hot, so be sure to drink plenty of water and enjoy your studies, club activities, and school life in good spirits during the second semester.

How long will summer heat last?

Now, here's a quiz.

When is the Autumnal equinox this year?

① October 1

② September 15

③ September 23



The correct answer is
in the lower right corner!

In Japan, there is an idiom that says "hot and cold last until the equinoctial equinox. Higan" refers to the spring and autumnal equinoxes, when the cold and heat of the season subside.

At the vernal and autumnal equinoxes, the sun rises in the true east and sets in the true west, making day and night approximately the same length.

In spring, daylight hours become longer after the vernal equinox, and conversely, on the autumnal equinox, daylight hours become shorter after this date. The longer the day, the warmer it gets, and the shorter the day, the colder it gets, hence the saying "hot and cold last until the equinoctial week."

September continues to be hot with lingering summer heat, but from mid-September, it gradually starts to cool down and the temperature difference between daytime and nighttime begins to emerge. Even if you can spend the day in short sleeves and shorts, you may feel cold at night, and you will need to adjust your clothing. Since the inability to regulate body temperature can cause illness, it is convenient to carry a cardigan or similar item that can be easily woven over the body

The school has AEDs at the following six locations

1F: In front of office

2F: In front of the cafeteria

3F: Next to the vending machine in front of the staff room of the full-time and attached middle school

4F: 408 Front of Classroom

Arena S, 1st floor: In front of the Physical Education Teacher's Room

Arena N, 1st floor: In front of Judo hall

There are also these.



rescue bench



rescue tent

Keep this in mind in case of an emergency.
Be prepared for anything! Look for it.

September 1 is
Disaster
Preparedness Day



If there is a person lying on the road, or if there is a sudden injury or illness or if you are in trouble due to a sudden injury or

illness What would you do if you were in trouble? What would you do?

I wonder if I should call an ambulance at this level.

I don't feel well, but should I go to the hospital right away?



When in doubt about whether to call an ambulance or not, Call **#7119**.

Doctors, nurses, and other professionals will listen to your illness or injury, determine the urgency of the situation, and refer you to a hospital. Do not suffer alone; seek the help of a specialist.



September 9

is First Aid Day