



令和6年6月3日
川口市立高等学校
定時制保健室

Health checkups continue.

checkup items	schedule	person in question
secondary urinalysis	Tuesday, June 4	1st round non-submitter and re-inspectors
otolaryngological examination	Thursday, June 13	All first-year students and those selected through a pre-survey in grades 2-4

We will soon enter the rainy season. This year's rainy season is expected to begin later than normal, around mid-June in the Kanto region. The rainy season can be humid, dreary, and somewhat heavy, but let's not let the rain get to us.


Be careful of heat stroke!

During the rainy season, humidity is high and sweat is less likely to evaporate, making it easier for heat to build up in the body. The human body releases heat by sweating, and when the sweat evaporates, it removes heat from the body, thereby lowering the body temperature. This mechanism is the reason why the body cools down and becomes cold after sweating. It is easy to be concerned about one's body and smell when sweating, but sweat is good for the human body.

[To avoid heatstroke]

- Drink water to sweat
- Stay in a cool, well-ventilated room, taking care to avoid high temperatures and humidity.
- Wear adjustable clothing. (Can be taken off and put on)

Sweat recedes and refreshes!



Sweat and fever! **It's hot! It's hot!**



**watch your step!
slippery!**



**look out!
walk with one's
eyes forward!**

Be careful on a rainy day

**driving under the umbrella is prohibited!
Let's put on our kappas!**



**Check your surroundings when unfolding your umbrella!
Try not to startle people!**

